



FREDERICK COUNTY
Department
of Aging

Supporting seniors
and their families



A Resource
Directory
for Older
Adults,
their Families
and Caregivers



Frederick County Department of Aging
301-600-1605
www.frederickcountymd.gov/doa

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Fall 2010



It is with pride and pleasure that I introduce the latest edition of the Frederick County Department of Aging's resource directory known as the "Blue Book." This publication is made possible through a collaborative partnership between The Gazette and the Frederick County Department of Aging. This partnership allows the Department of Aging to provide this resource directory to you without expense to the Frederick County Government, and I extend my appreciation to The Gazette and to the advertisers for their assistance. I also want to thank the Department of Aging staff for ensuring that the information contained in the "Blue Book" is accurate and relevant.

The publication's longevity and requests for distribution is a reflection of how this directory continues to be an important resource for older adults, families, caregivers, professionals, businesses and the community. It is updated annually to showcase the relevant and current information for citizens and those who face diverse challenges, interests and needs, as well as a multi-generational population that spans ages 50 to 90+. Within its pages, you will find information about public and private resources and opportunities.

The Department of Aging is the primary resource for information about and access to services that address the needs of senior citizens and their families. The Department works closely with many volunteers, community agencies and private organizations to maximize service potential, avoid duplication of services and collaborate on special projects and events.

The Frederick County Department of Aging is responsible for providing services, ensuring quality of and identifying gaps in service areas and assisting in the development of new initiatives to meet ever-increasing demands for all types of services. The tremendous growth in the senior population over the next 20 years will place precedent setting demands on all agencies, not just aging agencies. This will necessitate cooperation, collaboration and creativity to meet expanding needs in both the public and private sectors.

We rely on your experiences to help create a vibrant department, and your participation in Department of Aging programs is a key ingredient to enhancing the quality of life for everyone in Frederick County.

Sincerely,

A handwritten signature in cursive script that reads "Carolyn True".

Carolyn B. True
Director Frederick County Department of Aging

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Mission Statement

The mission of the Department of Aging is to develop and administer programs and activities that support Frederick County older adults in their efforts to remain healthy, active, and independent members of the community, and to provide, coordinate and advocate for services which promote the dignity and enrichment of life for all seniors, their families and caregivers.



Board of County Commissioners of Frederick County, Maryland

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Blaine R. Young

All entries are based on responses from businesses, agencies, organizations and individuals serving Frederick County. The Frederick County Department of Aging does not assume responsibility for information that they provide for listings and the listings may not represent all the businesses and organizations serving older adults, their families and caregivers. If you would like to be considered for a listing in future directories, please contact the Department of Aging at 301-600-3520 to be added to the mailing list. Frederick County retains sole discretion to decide which entities or individuals will be listed.

Advertisements in this publication help to underwrite the costs. Frederick County does not endorse or warrant the services or products being advertised. Thanks to the Department of Aging staff that helped produce this directory. Thanks also to The Gazette publishing company for its successful partnership with the Department of Aging.

Updated Fall 2010

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AA-Eastern Mobility, Inc.

#4 Council Drive
P.O. Box 415
Woodsboro, MD 21798
301-845-4188
sales@easternmobility.com
www.easternmobility.com

CONTACT: Owner
Monday-Friday, 8 a.m.-4:30 p.m.
Evening and weekends by appointment.

SERVICES: Provides access to the world for individuals who have limited physical ability or are severely handicapped. Full size vans with wheelchair lifts, stair lifts for your home, as well as service and repairs.

ELIGIBILITY: General public

COST: Cost based on equipment or service provided; contact office.

AARP

Frederick Chapter 636, Inc.
301-845-8057
dintermanimal@aol.com

CONTACT: Membership Chairperson
Meeting: 11 a.m.-2 p.m. on 4th
Wednesday of month, except Nov/Dec
– third Wednesday; no meetings in
July and August

SERVICES: Advocacy for senior issues, community service, legislative, social, travel, information on social services (police, fire, doctor, hospital, etc.). A monthly luncheon is held.

ELIGIBILITY: Anyone 50 years or older, must be a member of National AARP.

COST: \$4.00 a year or 3 years for \$10.00

Abilities Network

5104 Pegasus Court, Suite E
Frederick, MD 21704
301-695-9505
Fax: 301-695-3340
jmalas@abilitiesnetwork.org
www.abilitiesnetwork.org

CONTACT: Program Director
Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: Abilities Network provides individualized services to children and adults with disabilities in Maryland. We help to create a personal path to independence by seeing one's abilities, not disabilities. Our goal is to help these individuals live as independently as possible in their communities.

Services include:

- Autism Services
- Community and Employment Partners
- Epilepsy Services
- Healthy Families
- Project ACT
- Support Services

ELIGIBILITY: General public

COST: None



Abraham Healthcare Services, Inc

5718 Harford Road, Suite 204
Baltimore, MD 21214
410-254-3004
Fax: 410-254-3005

info@abrahamhealth.com
www.abrahamhealth.com

CONTACT: Program Manager
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: In-home care, personal care and skilled nursing services, respite care, companionship, personal care, live-in care, accompaniment to doctor's appointments.

ELIGIBILITY: Medicaid Waiver, Community Medicaid and private pay.

COST: Call the office for details.

Acacia Healthcare, LLC

1187 Schaffer Drive,
Frederick, MD 21702
301-898-2036 / 240-344-4694
Fax: 301-898-2036

info@acaciacarehome.com or
benchepkoit@hotmail.com
www.acaciacarehome.com

CONTACT: Managing Director or
Director of Nursing
Hours: 8:00am to 7:00 pm

SERVICES: Skilled nursing: medication administration, wound care, IV therapy, vent and/or trach care, G-tube feeding care and management.

Nursing aides services (unskilled nursing services): medication reminders, assistance with daily living activities, escort to appointments, running errands, companionship, or other services you may need or desire.

ELIGIBILITY: We provide skilled nursing and aides services to any age needing residential home care services in the Frederick, Washington counties, and entire State of Maryland.

COST: Most private insurance and private pay (awaiting approval for Medicare and Medicaid).

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Alzheimer's Association Greater Maryland Chapter Western Maryland Region

108 Byte Drive, Suite 103
Frederick, MD 21702
301-696-0315
24-hour Help Line: 1-800-272-3900
Fax: 301-696-9061
cathy.hanson@alz.org
www.alz.org/maryland

CONTACT: Program Coordinator
Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: The Alzheimer's Association offers five core services for individuals with Alzheimer's disease, their family and professional care-givers.

- 24/7 Helpline
- Care Consultation
- Medic Alert + Safe Return

Program

- Education
- Support Groups and Advocacy

ELIGIBILITY: Family members, care-

givers and health care providers of those with Alzheimer's disease and related memory problems.

COST: None

Always Best Care – MMC

2275 Research Blvd., Suite 500
Rockville, Maryland 20850
301-296-4500
Fax: 240-597-2160

kmehrling@abc-seniors.com
www.alwaysbestcarerockville.com

CONTACT: Director of Client Services,
24 hours/day, 7 days/week


SERVICES:

- Personalized help in finding new living accommodations when life situations change; we provide immediate attention and action; offer free transportation for personalized tours which allows hands on decision making.
- In home non-medical care (CNAs and GNAs) customized to meet your needs while maximizing your life style.

ELIGIBILITY: People in need of services within 30 days and able to sign a contract for our services.

COST: For in-home care: \$22 / hour with a 40 hour minimum; For placements: \$350 fee which is refunded at placement.

When Alzheimer's disease touches your life, turn to us.

alzheimer's  association

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www.alz.org/maryland • 1.800.272.3900

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American Cancer Society

8219 Town Center Drive
Baltimore, MD 21236
1-888-227-6333 or 1-800-227-2345
Fax: 410-931-3997
www.cancer.org

CONTACT: Patient Resource Navigation Center, Monday-Friday, 8 a.m.-5 p.m.; can call 1-800-227-2345 during and after hours.

SERVICES: The American Cancer Society provides many programs and services designed to meet the needs of cancer patients and their families. Programs include information, assistance with transportation to treatments, support groups, nutrition counseling, wigs, patient advocates, clinical trial matching services and much more.

ELIGIBILITY: Cancer patient, family members or caretakers.

COST: None

American Diabetes Association

Maryland Area Office
2002 Clipper Park Road
Suite 110
Baltimore, Maryland 21211
mmuench@diabetes.org
www.diabetes.org

CONTACT: Office
Monday-Friday, 8:30 a.m.-5 p.m.

SERVICES: Free information, educa-

tional materials and support group information. Step Out to Fight Diabetes held every year in Frederick. Free information hotline: 1-800-DIABETES.

ELIGIBILITY: Self-referral

COST: None for local services. Individual may elect to pay an annual membership fee to the American Diabetes Association. Membership includes a subscription to Diabetes Forecast, the national monthly publication for and about people who have diabetes.

American Heart Association

Baltimore Office
415 North Charles Street
Baltimore, MD 21201
1-800-284-6601 or 410-637-4512
Fax: 410-637-4550
amanda.bernheim@heart.org
www.americanheart.org

CONTACT: Office
Monday-Friday, 8:30 a.m.-5 p.m.

SERVICES: The American Heart Association, through its volunteers, offers professional and public education in the following areas:

- Professional Education Seminars
- Cardiopulmonary Resuscitation (CPR) through local training centers.
- Free literature for the public on heart diseases, risk factors, smoking, nutrition, cardiovascular fitness, etc.

ELIGIBILITY: General public

www.frederickredcross.org

COST: None. The American Heart Association is supported by the public's contributions.

CONTACT: The Office
Monday-Thursday, 8:30 a.m.-4:30 p.m.
Friday, 8:30 a.m. – 12:30 p.m.

American Lung Association of The Atlantic Coast, Inc.

Executive Plaza 1, Suite 600
11350 McCormick Road
Hunt Valley, MD 21031
1-800-586-4872
Fax: 410-560-0829
info@marylandlung.org
www.marylandlung.org

CONTACT: Office
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Prevent lung disease and promote lung health. Provides educational materials for people with lung disease. Cessation materials available for people wanting to quit smoking. Funds research programs. Information available about clean air and how to keep healthy lungs.

ELIGIBILITY: General public

COST: Literature free upon request. Large quantities require fee.

American Red Cross

2 East Frederick Street
P.O. Box 186
Walkersville, MD 21793
24-hour: 301-662-5131
Fax: 301-845-2689
info@frederickredcross.org

SERVICES:

- Following a disaster, emergency assistance for verified emergency needs (food, clothing, shelter).
- Emergency communication and assistance obtaining financial assistance to military families and veterans.
- CPR, First Aid, and babysitter's training courses offered at the chapter house location. Water safety and lifeguard training courses are offered throughout the community.
- Blood drives are scheduled on an ongoing basis throughout the county. Donors can call 1-800-448-3543 to schedule an appointment.

ELIGIBILITY: General public

COST: Cost recovery fees are charged for Health & Safety courses only.

The Arc of Frederick County, Inc.

620-A Research Drive
Frederick, MD 21703
301-663-0909
TTY: 301-663-0936
Fax: 301-695-6454
info@arcfc.org
www.arcfc.org

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- ◆ Probate
- ◆ Medicaid Applications

Scott Alan Morrison ♦ **Megan L. McGrew**

Frederick Office
141 W. Patrick St., Suite #300
Frederick, MD 21701
Phone: 301-694-6262

Hagerstown Office
19833 Leitersburg Pike, Suite #1
Hagerstown, MD 21742
Phone: 301-293-0010

*Member of National Academy of Elder Law Attorneys Estate Planning Section
and the Elder Law Section of the Maryland State Bar Association*

Call Toll Free: 1-866-220-5185 ♦ Visit us online at www.samlawoffice.com

CONTACT: Local Services Director
Monday-Friday, 9 a.m.- 4:30 p.m.

SERVICES: Provides a variety of services to help persons with developmental disabilities obtain the services they need and want, and become as independent as possible. Strengthens families of children who are developmentally disabled to care for and support their children at home by offering information, emotional support and/or financial assistance. Moves adults toward independence by helping them with home management tasks and skills associated with living and working among non-disabled citizens. Also helps adults who live at home with their families.

ELIGIBILITY: Any person having a developmental disability living in Frederick County.

COST: None

Arthritis Foundation, Mid-Atlantic Region, Maryland Office

 9505 Reisterstown Road,
Suite 1 North
Owings Mills, MD 21117
410-654-6570 or 1-800-365-3811
Fax: 410-654-9270
ahipsley@arthritis.org
www.arthritis.org


CONTACT: Customer Relations
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: Free information about arthritis, water and land exercise classes, phone information and referral, list of area Rheumatologists, education seminars, and speakers.

ELIGIBILITY: General public. Anyone interested in learning more about arthritis.

COST: Fee by facility for land and water exercise programs. Membership is available for an annual fee, which includes subscriptions to Arthritis Today magazine as well as the quarterly Maryland Chapter newsletter.

AssisTech Vision, LLC

 8639-B 16th Street, Suite 258
Silver Spring, MD 20910
240-447-2151
Fax: 609-263-5923
bfeaster@bellatlantic.net
www.clarityusa.com

CONTACT: Office

SERVICES: Magnification equipment to aid in reading, writing or other close-up tasks. Free in-home demonstration available. Equipment has a 30-day money back guarantee and lifetime warranty. Portable units available for both near and distance magnification needs. When a magnifying glass no longer meets your needs call AssisTech Vision.

ELIGIBILITY: By appointment only

COST: From \$645.00. Varies upon



client need.

Frederick Rescue Mission Beacon House

419 West South Street
Frederick, MD 21701
301-695-6633
Fax: 301-695-6637
tskaggs@therescuemission.org
www.therescuemission.org

CONTACT: Office
Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Transitional Housing-Twelve month residential Changed Life Recovery Program for men dedicated to overcome the life dominating influences of alcohol and drug addiction. Applications are accepted Monday, Tuesday and Thursday, 10:30 a.m.-12 Noon.

ELIGIBILITY: Males only; contact office for further details.

COST: Contact office for details.

Brookfield Manor Resident Care

5800 Middleburg Road
Keymar, MD 21757
410-775-7752
Fax: 410-775-1886
cynthfiel4@verizon.net

CONTACT: Owner or manager, days or evenings to 10 p.m.

SERVICES: A private home providing assisted living for 15 residents. Personal care, hair care, grooming (shaving), three meals and snacks, activity programs, laundry services, trained staff, certified medication technicians, CNAs/GNAs. Doctor on-site. Owned and operated by professional health-care providers, two RNs and one MD.

ELIGIBILITY: The public

COST: Rates depend on level of care and are negotiable.

Brunswick House Apartments

1100 Peach Orchard Lane
Brunswick, MD 21716
301-834-7700
Fax: 301-834-9349
brunswickhouseapts@yahoo.com

CONTACT: Rental Office, 8:30 a.m. – 12:30 p.m., Monday, Tuesday, Thursday, Friday.

SERVICES: 31 one-bedroom and 21 efficiency apartments, elevator and community room. Service coordinator on-site.

ELIGIBILITY: Individuals 62 years of age or older and 100 percent disabled.

COST: Based on 30% of adjusted annual income.



Buckingham's Choice

3200 Baker Circle
Adamstown, MD 21710
301-644-1604 or 1-800-409-6111
Fax: 301-631-5491
buckchoice@emaseniorcare.org
www.buckinghamschoice.org

CONTACT: Director of Marketing
Tours available 7 days a week

SERVICES: A non-profit, accredited continuing care retirement community offering independent living cottages and apartments, assisted living apartments, and skilled nursing care. Located just seven miles south of Frederick, offering spectacular views of Sugarloaf and the Catoclin Mountains. Belonging to the EMA Faith-Based Family of Retirement Communities and Resources.

ELIGIBILITY: Open to the public age 60 or older.

COST: Varies

between 9:00 a.m. and 3:30 p.m.

SERVICES: Apartments for senior citizens.

ELIGIBILITY: Persons 62 years of age and older with limited income. Applications are accepted on Tuesdays and Thursdays between 9 a.m.-3 p.m.

COST: 30% of adjusted income.

Capital Home Care, Inc.

12515 Sycamore View Drive,
Unit B
Rockville, MD 20854
301-963-9400 or 866-930-2273
Fax: 301-330-6710
capitalhomecare@yahoo.com

CONTACT: Director, Office: Monday-Friday, 9:30 a.m.-5:30 p.m.

SERVICES: In-home personal care services, aide services, home care related services, chores, running errands, accompaniment to appointments, light cleaning, laundry, companion nurse monitoring, etc.

ELIGIBILITY: Individuals who are dealing with illness or other incapacity. Individuals who need assistance with activities of daily living such as personal care, health care, respite care and/or other supportive services.

COST: Varies depending on services.

Catoclin View & Catoclin Manor Apartments

800 & 798 Motter Avenue
Frederick, MD 21701
301-620-8666

CONTACT: Property Manager, for appointment, Monday through Friday,



Charlotte Hall Veterans Home

29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622
301-884-8171
Fax: 301-884-4964
admissions@charhall.org
www.charhall.org

CONTACT: Director of Marketing

SERVICES: Long-term care and Assisted Living specifically for Maryland veterans and their eligible spouses.

ELIGIBILITY: Honorably discharged veterans who are Maryland residents and are 62 years of age and older.

COST: \$118 - \$134 per day for Skilled Nursing facility. Assisted Living fees are based on individual's monthly income.

Citizens Care and Rehabilitation Center

1900 Rosemont Avenue
Frederick, MD 21702
301-600-1550
Fax: 301-600-2949
mmweaver@frederickcountymd.gov
www.frederickcountymd.gov/citizen-center

CONTACT: Marketing or Social Work/Admissions, 24 hours a day, 7 days a week, 365 a year

SERVICES: Short-term and long-term

custodial care, as well as respite care provided. New facility on target to open Fall 2011, will feature a secure dementia unit and a ventilator unit.

ELIGIBILITY: Any/all – Contact facility for more information or to schedule a tour.

COST: Depends on payer source - Medicare, Medicaid, private insurance and self-pay.

College View Center

Genesis Healthcare
700 Toll House Avenue
Frederick, MD 21701
301-663-5181
Fax: 301-663-3523
www.sandy.vorlaufer@genesishcc.com

CONTACT: Director of Admissions

SERVICES: At College View Center, a part of the Genesis Healthcare Network, our customers receive personal attention in a friendly atmosphere. Within our 137 bed skilled nursing center is an onsite hemodialysis unit. This newly designed dialysis unit supports renal disease patients when they cannot continue outpatient treatment. Whether your needs are for short or long-term care, our skilled staff (many of 20 or more years of service) will meet the challenge. Some of our services are:

- 24 hour skilled nursing
- Hemodialysis & peritoneal dialysis
- All rehabilitation therapies

- Nutritional assessments
- Social and recreational support

We are conveniently located across the street from Frederick Memorial Hospital, near doctors and shopping.

ELIGIBILITY: Please contact the admissions director for questions or to schedule a tour.

COST: Accepting private pay, Medicare, Medicaid and most insurance plans.

Community Alternative Mediation, Inc.

629 North Market Street
Frederick, Maryland 21701
301-631-2556
calmfrederick@aol.com
www.frederickcalm.org

CONTACT: Executive Director, hours vary

SERVICES: Offers mediation, facilitation, community conferencing free of charge for any disputes. Training, presentations, and workshops also available.

ELIGIBILITY: N/A – open to any and all who need these types of services.

COST: Free

Community Health Charities of Maryland

1777 Reisterstown Road
Baltimore, MD 21208
1-800-242-4356
Fax: 410.580.9324

rmarsh@chcmd.org
<http://maryland.healthcharities.org>

CONTACT: Marketing and Development Associate, Monday-Friday, 8:00 a.m. - 4:00 p.m.

SERVICES: Community Health Charities (CHC) represents over 50 charitable health organizations in workplace giving campaigns and other fundraising, thereby directly impacting health and supporting donor choice. CHC provides information and referrals to our member agencies' programs including solutions to manage symptoms of disease, support groups, respite care to allow caregivers temporary relief, residential and recreation services for the disabled, hospice care, health screenings, caregiver education and much more.

ELIGIBILITY: Open to the public; call for appointment.

COST: Cost varies per program; most services are free.

Community Home Health of Maryland

1812 Baltimore Boulevard, Suite C
Westminster, Maryland 21157
1-800-282-8104
1-866-663-7400
bgoodman@msa-corp.com



www.medicalservicesofamerica.com

CONTACT: Intake, 24 hours/day, 7 days/week

SERVICES: CHH offers comprehensive, one-stop shopping with skilled, home health care services. CHH is Medicare/Medicaid licensed and Joint Commission on Accreditation of Healthcare Organizations (JCAHO) accredited.


We offer the following services:

- Patient Care Coordination
- Skilled Nursing (Intermittent)
- Physical/Occupational/Speech Therapies
- Home Health Aides
- Medical Social Work
- Home Medical Equipment
- Oxygen
- Diabetic Equipment and Supplies
- Personal Emergency Response System
(see Medi Home Care listing)

ELIGIBILITY: Must meet skilled home health criteria

COST: Skilled services are covered under Medicare, Medicaid and many private insurance plans. We also accept TRICARE and private pay.

Community Living, Inc.

 620-B Research Court
Frederick, MD 21703
301-663-8811
Fax: 301-663-0476
info@communitylivinginc.org

www.communitylivinginc.org

CONTACT: Office, Monday–Friday, 9 a.m.-3 p.m.

SERVICES: An active day retirement program for people with developmental disabilities.

ELIGIBILITY: Over 55 with developmental disabilities.

COST: Contact office for details.

State of Maryland Attorney General's Office Consumer Protection Division

HAGERSTOWN

Consumer Protection Division
44 North Potomac Street, Suite 104
Hagerstown, MD 21740
301-791-4780
Fax: 301-791-7178
Monday-Friday, 8:30 a.m.-5 p.m.
www.oag.state.md.us

FREDERICK

2nd & 4th Thursdays Only
Consumer Protection Division
Citizens Services Building
520 North Market Street
Frederick, MD 21701
301-600-1071
9 a.m.-1 p.m.

CONTACT: It is recommended that you call the office to make an appointment.

The Joy of Neighbors and Friends

One of the many unique advantages of retirement living at Buckingham's Choice is the ease with which new friendships are forged and old ones are preserved. Buckingham's Choice cultivates friendships and celebrates the individual.

Buckingham's Choice – experience an un-retiring attitude. Call 301-874-5630 or toll-free 800-409-6111 for a detailed brochure or to schedule a personal tour.



Belonging to the EMA Faith-Based Family of Retirement Communities and Resources
A non-profit memory care community

BUCKINGHAM'S CHOICE
A CONTINUING CARE RETIREMENT COMMUNITY



3200 Baker Circle • Adamstown, MD 21710 • www.buckinghamchoice.org

Copper Ridge... A Trusted Resource for Caregivers

Addressing the needs of families and caregivers is a vital aspect of improving the lives of those with **Alzheimer's disease**. That's why Copper Ridge provides monthly support groups, regular educational opportunities, outpatient and short-term assessments as well as respite care. Assisted Living and Comprehensive Nursing Care are also available.

Copper Ridge...exclusively for those with memory impairments. Call 410-795-8808 or 800-531-6539 today for a personal consultation.



Belonging to the EMA Faith-Based Family of Retirement Communities and Resources
A non-profit memory care community

COPPER RIDGE
Outpatient and Residential Care for the Memory Impaired

710 Obrecht Road | Sykesville, MD 21784 | www.copperridge.org



SERVICES: Inquiries or complaints concerning goods and services. Examples: auto repairs, mail order, landlord-tenant problems, debt collection, refunds, layaway and the Lemon Law.

ELIGIBILITY: Any person in Maryland

COST: None

Copper Ridge

710 Obrecht Road
Sykesville, MD 21784
410-795-8808 or 1-800-531-6539
Fax: 410-795-8893
copperridge@emaseniorcare.org
www.copperridge.org

CONTACT: Marketing Counselor
Appointments 7 days a week

SERVICES: Copper Ridge, a resource for those with memory impairments. Residential services include assisted living and skilled nursing care. Outpatient assessments, short-stay evaluations, and respite care available. Copper Ridge is also your resource for continuing education and at-home caregiver support. Belonging to the EMA Faith-Based Family of Retirement Communities and Resources.

ELIGIBILITY: Diagnosis of dementia

COST: Varies

Country Meadows Retirement Community

5955 Quinn Orchard Road
Frederick, MD 21704
301-228-2249
Fax: 301-228-2492
www.countrymeadows.com

CONTACT: Director of Marketing
9 a.m.-5 p.m., 7 days a week

SERVICES: Independent living apartments, assisted living, Alzheimer's/Dementia care and rehabilitation care.

ELIGIBILITY: No age requirement

COST: Please call for rates; month-to-month lease.

Creekside at Tasker's Chance

100 Burgess Hill Way
Frederick, MD 21702
301-698-5700
Fax: 301-698-1486
creekside@capreit.com
www.capreit.com

CONTACT: Management Office
Monday-Friday, 8:30 a.m.-5:00 p.m.
Saturday by appointment only.

SERVICES: Independent Living for seniors; 90 one-bedroom and 30 two-bedroom apartments. Limited Access Entry, monitored emergency pull cords in bedrooms and bathrooms,

elevators, planned activities, transportation access, hair salon, parking with optional carports and much more.

ELIGIBILITY: Persons who are 62 years of age and older and meet income requirements.

COST: Contact the Management Office for details.

Daybreak Adult Day Services, Inc.

7819 Rocky Springs Road
Frederick, MD 21702
301-696-0808
Fax: 301-696-1164

daybreakdirector@comcast.net
www.daybreakaduldaysservices.org

CONTACT: Social Worker or Director
Monday - Friday, 7:30 a.m.-5 p.m.

SERVICES: Three separate programs to meet the individual needs of older adults: Senior Center Plus, Medical Day Program, and Alzheimer's Program.

Professional staff provides:

- Breakfast/Lunch/snack
- Transportation services
- Therapeutic activities
- Health monitoring
- Caregiver Support Group
- Beauty/Barber shop
- Physical/Occupational/Speech Therapy

ELIGIBILITY: Older adults who would benefit from a full day of structured program activities in a supervised and

safe environment.

COST: Financial assistance, private pay, Medical Assistance (Medicaid), VA funding, Long Term Care insurance may apply.

Debra Levy Eldercare Associates, LLC

8856 Briarcliff Lane
Frederick, MD 21701
301-593-5285
FAX: 301-593-9624

info@care-manager.com
www.care-manager.com

CONTACT: Community liaison
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: Our experienced, professional nurses and social workers provide comprehensive in-home assessments; recommendations for housing, home care management, medication management and family crisis intervention.

ELIGIBILITY: Seniors, their families and persons of any age with mental or physical disabilities.

COST: All services are private pay and may be covered by long-term care insurance.

Devotion Assisted Living

8531 Inspiration Avenue
Walkersville, MD 21793
240-476-4729
Fax: 301-540-2472

devotioncare@yahoo.com



CONTACT: Director, 8 a.m. – 5 p.m.

SERVICES: Home for elderly, especially people with Alzheimer's and dementia. 24 hour caregiver support. Home cooked food, dressing and medication assistance.

ELIGIBILITY: Private pay and Medicaid Waiver.

COST: \$ 3,800 to \$ 4,800 per month depending on level of care.

Devotion Home Care

23217 Murdock Ridge Way
Clarksburg, MD 20871
240-476-4729
Fax: 301-540-2472
devotioncare@yahoo.com
www.devotioncare@bravehost.com

CONTACT: Director
Monday-Friday, 8:30 a.m.-6 p.m.

SERVICES: Quality in-home care; registered nurse operated.

ELIGIBILITY: General public

COST: Private pay; rates upon assessment.

Maryland Division of Rehabilitation Services & Office for Blindness and Vision Services (DORS/OBVS)

100 East All Saints Street, Suite 201
Frederick, MD 21701
301-600-3075
Fax: 301-600-3084

CONTACT: Office
Monday-Friday, 8 a.m.-5 p.m.

SERVICES: The mission of DORS is to provide leadership and support, enabling people with disabilities to live productively and independently. DORS offers vocational evaluation, counseling, physical restoration, employment training, and placement to eligible individuals with a disability who wish to keep, return to, or find employment. DORS also offers a program of independent living services to those individuals who require services to remain in the community and who are in jeopardy of institutionalization. The Independent Living for the Older Blind (ILOB) serves persons who are over 55 years of age and are significantly visually impaired. This program offers teaching skills to live independently and technical assistance for purchase of proper equipment, such as lighting, to improve the quality of life.

ELIGIBILITY: Based on individual's disability. Contact the office for details.

COST: Contact office for details.

Doc's Nursing Jobs, Inc.

23322 Rainbow Arch Drive
Clarksburg, MD 20871
301-540-8444
Fax: 707-222-3649

doc@medicaltransportandnursing.com
www.medicaltransportandnursing.com


CONTACT: Director, 24 hours a day, 7 days a week

SERVICES: Quality in-home care. We provide hourly as well as live-in aides. Our services include meal preparation, respite care, vacation escorts, bathing, dressing, medication reminders, light housekeeping, errands and transportation. RN's, LPN's, CNA's, GNA's and HHA's available.

ELIGIBILITY: General public

COST: Rates vary according to service requested and the number of hours. For more information call the office.

DEPARTMENT OF SOCIAL SERVICES (DSS)

 100 East All Saints Street
Frederick, Maryland 21701
301-600-4555
<http://www.fcdss.info/>

• Adult Protective Services (APS)

301-600-2635

CONTACT: Adult Services
Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Adult Protective Services investigates reports of suspected abuse, neglect, self-neglect, or

exploitation of any vulnerable adult 18 years of age and older. To ensure that the adult's needs are met, services are offered and provided to the adult and their family.

AFTER-HOURS CRISIS SERVICES

Frederick City Police - 301-600-2100
The Emergency Coverage Program is in effect on weekends, holidays, and from 4 p.m. until 8 a.m. on workdays. In Adult Protective Services situations requiring a social worker, call the Frederick City Police Department, which will contact the on-call worker who will then contact you. This program is designed for Child and Adult Protective Services situations that cannot be delayed until the agency opens for normal working hours.

ELIGIBILITY: Any adult in need of protection.

COST: A fee may be charged for some services based on a sliding scale.

• Emergency Assistance

301-600-2450
fredweb@dhr.state.md.us

CONTACT: Office
Monday-Friday, 8 a.m.-4:30 pm

SERVICES: Under limited emergency conditions, assistance may be obtained for payment of security deposit or first month's rent, burial assistance, for the prevention of eviction, fuel or utility cut-off, or homelessness. Information and referral for



other agency and community services is available.

ELIGIBILITY: Emergency services may be available if a household meets financial and technical eligibility requirements.

COST: None

• **Food Stamp Program**

301-600-4575

CONTACT: Services Intake Unit
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Benefits are issued on a monthly basis and may be used to buy foods for human consumption, including seeds and plants to produce food for the home. They may not be used to purchase alcoholic beverages, tobacco, non-food items or prepared foods for eating on the premises except for prepared meals delivered by a non-profit meal service. Food stamp benefits are accessed through the Independence Card.

ELIGIBILITY: Specific financial and technical standards.

COST: None

• **Home Energy Program**

301-600-2410

Fax: 301-600-2639

CONTACT: Coordinator

Monday-Friday, 8 a.m.-4:30 p.m.
Emergencies 8 a.m.-11:45 a.m.

SERVICES: FCDSS's Home Energy Program assists low-income Frederick County residents with the cost of heating and electricity and helps Frederick County residents with energy emergencies. Households with energy emergencies such as termination notices or no heating oil may qualify for emergency funds. Emergencies are seen from 8 a.m.-12 Noon. Call 301-600-2410 for more information.

ELIGIBILITY: Frederick County residents, low-income or with an energy emergency.

COST: None

• **Housing Services**

301-600-2450

CONTACT: Housing Services-Adult Services Unit. Monday-Friday, 8 a.m.-3 p.m. Appointments and emergencies only 1 p.m.-3 p.m.

SERVICES: Initial contact for housing crisis services begins with the Housing Services staff. Emergency resolution of a housing crisis. Clients with on-going needs are referred to both department and community services. Emergency financial assistance to families and adults for shelter is also available through Housing Services.

ELIGIBILITY: Individuals meeting specific program eligibility guidelines

based on financial and emergency requirements. No set income limits.

COST: None

• **In-Home Aide Services**

301-600-2635

CONTACT: Adult Services
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: In-home aides may provide chore and personal care services to individuals of all ages in their homes. Services include food preparation, bathing, exercising, chore services, grocery shopping, transportation and companionship contact to enable the individual to remain at home.

ELIGIBILITY: Frederick County resident with doctor's verification of need.

COST: None

• **Medical Assistance Program (Medicaid)**

301-600-4575

CONTACT: Services Intake Unit
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Medicaid assists eligible individuals with the cost of health care for services obtained from providers participating in the Medical Assistance program. Applicable services include the following: physician

services, hospital treatment, prescription services, skilled nursing home care, home health services, psychiatric emergency services, clinic services, x-ray and laboratory services, etc.

ELIGIBILITY: Individuals meeting financial and technical eligibility requirements as specified through the Department of Health & Mental Hygiene. Eligibility is based on income and resources.

COST: None

• **Project Home/Adult Foster Care**

301-600-2635

CONTACT: Adult Services
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Project Home/Adult Foster Care provides for the recruitment, training, certification and monitoring of Care/AFC homes and the matching of disabled adults or frail elderly in need of a limited supervised living arrangement with the appropriate home provider. Primarily, Project Home/AFC offers the adult an opportunity to continue or resume living in the community.

ELIGIBILITY: A Project Home/AFC client must be a Frederick County resident 18 years of age or older who is at risk when living independently, could benefit from Project Home/AFC as an alternative to institutional care



and is willing to accept these services. Prospective Project Care/AFC providers need to call the Department of Social Services for information concerning the application process.

COST: Cost depends on client resources and varies according to services needed and provided. There are a limited number of state-subsidized placements available through the Project Home Program.

• **Project Home/AIDS**

301-600-2635

CONTACT: Adult Services
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Project Home/AIDS provides case management services for eligible clients living in their own homes. Services can also be performed in a Project Home/Adult Foster Care home. Case management services include assessment, care planning, linkage to services, monitoring and advocacy. A limited amount of emergency financial assistance is also available.

ELIGIBILITY: A Project Home/AIDS client must be a Frederick County resident 18 years of age or older who has a diagnosis of AIDS from a physician, and is currently experiencing AIDS-related symptoms.

COST: None

• **Qualified Medicare Beneficiary (QMB)**

301-600-4575

CONTACT: Service Intake Unit
Monday-Friday, 8 a.m.-4:30 p.m.
Applications can be taken by mail. No face-to-face interviews are required. QMB is a program that pays premiums, deductibles, and co-payments for income-eligible Medicare beneficiaries. QMB is designed to assist older and disabled individuals whose income is at or below federal poverty levels and who are Medicare beneficiaries.

ELIGIBILITY: Eligibility is based on income and assets.

COST: None

• **Ryan White Program**

301-600-2635

CONTACT: Adult Services
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: Ryan White services include subsidized transportation (bus passes, cab rides and a transportation volunteer program) and emergency financial assistance for housing related emergencies (rent and utilities).
Eligibility: A Ryan White client must be a Frederick County resident 18 years of age or older who is HIV positive, or a caretaker of a child under age 18 who is HIV positive.

COST: None

SOMERFORD ASSISTED LIVING & ALZHEIMER'S CARE



OFFERING THE FINEST CARE IN FREDERICK!

Somerford, a longstanding and respected member of the community, has worked hard to offer an uncompromising standard in assisted living & Alzheimer's/memory care services.

Our standard of quality care in assisted living and Alzheimer's/memory care includes:

- Spacious studio and one-bedroom apartments
- 3 delicious meals each day
- Housekeeping and laundry service
- Activities to keep physically and cognitively fit
- Medication management, including insulin for diabetics
- Assistance with activities of daily living
- Monthly educational workshops and support groups
- Beautiful courtyards and garden areas
- Award-winning Bridge to Rediscovery™ Alzheimer's Program

SOMERFORD HOUSE & PLACE
FREDERICK

FIVESTAR[®] SENIOR LIVING[™]

Assisted Living & Alzheimer's Care

2100 Whittier Drive
Frederick, MD 21702

301-668-3930

www.somerfordhousefrederick.com

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• Senior Care Program

A partnership between Department of Aging and Department of Social Services

1440 Taney Avenue

Frederick, MD 21702

301-600-2635 or 301-600-1605

deptofaging@frederickcountymd.gov

www.frederickcountymd.gov/doa

CONTACT: Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Senior Care is a program to help frail, health-impaired, older persons locate and select the services that can help them continue to live in their homes and stay in their communities. An evaluation of needs is done in the home by a qualified staff person or team. After the needed services are identified, a case manager will help locate and arrange for the services and ensure that the older person receives the needed services at the right time.

ELIGIBILITY: To be eligible, a person must be 65 years of age or older, need assistance with several daily activities such as bathing, meal preparation, etc., be moderately or severely disabled, be medically at risk of institutionalization and live in Frederick County.

Such persons may be eligible for gap-filling service dollars if they meet established financial standards and other eligibility criteria.

COST: None



- **Specified Low Income Medicare Beneficiary (SLMB)**

301-600-4575

CONTACT: Service Intake Unit
Monday-Friday, 8 a.m.-4:30 p.m.
Applications can be taken by mail. No face-to-face interviews are required. SLMB is a program that pays the monthly Medicare Part B premium for qualifying low-income Medicare beneficiaries.

ELIGIBILITY: Eligibility is based on income and assets.

COST: None

E

Edenton Home Care

5800 Genesis Lane
Frederick, MD 21703
301-694-3100
Fax: 301-694-0308
cogden@edenton-retirement.com
www.edentonhomecare.com

CONTACT: Director, Mon-Fri 8:30 am – 5:00 pm Evenings & Weekends by appointment

SERVICES: Edenton Home Care Services provides caring and compassionate non-medical services and personal care for those who need a helping hand. Assistance is offered for dressing, bathing and toileting, house-

keeping, medication reminders, meal preparation, transportation, and errands. We evaluate each individual's needs and create a customized care plan.

Services available at private residences, senior communities, independent living residences, assisted living facilities, nursing homes, rehabilitation facilities, and on Edenton Retirement Community Campus. Qualified, bonded and insured caregivers are available to meet your needs 3 hours per day to 24 hours per day. Special AM/PM care program available.

ELIGIBILITY: General public, specializing in Senior needs

COST: Cost will vary by individual needs and services requested. Call our office for a free consultation and home visit.

Edenton Retirement Community

5800 Genesis Lane
Frederick, MD 21703
301-694-3100
Fax: 301-694-0308
cogden@edenton-retirement.com
www.edenton-retirement.com

CONTACT: Director of Community Relations, Mon.-Fri., 8:30 a.m.-5 p.m. Evenings and weekends by appointment.

SERVICES: Assisted Living Retirement Community & Housing: A Lifestyle of



Convenience is what you will experience at Edenton. A rental retirement community offering many choices in floor plans, services, amenities and care. Our on campus options include independent living, assisted living, Alzheimer's and Dementia care and home care services. A variety of cottage/unit sizes are available.

Independent living residents may obtain assistance with meals, house-keeping, laundry, transportation, medication reminders, and have access to full concierge services. Home care services are available in your cottage. Our 3 assisted living homes provide 24 hour care. Assistance with all activities of daily living from our compassionate and dedicated staff.

ELIGIBILITY: Open to the public

COST: Monthly fee based upon unit size, additional services and/or level of care.

Eldercare Locator

1-800-677-1116

CONTACT: Monday-Friday, 9 a.m.-8 p.m. (ET)

SERVICES: The Eldercare Locator links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. Whether an older person needs help with services such as meals, home care or transportation, or a caregiver needs

training and education or a well-deserved break from caregiving responsibilities, the Eldercare Locator is there to point that person in the right direction. The Eldercare Locator is administered in partnership with the National Association of Area Agencies on Aging and the National Association of State Units on Aging.

ELIGIBILITY: Anyone requiring information on aging issues

COST: None

Eldersburg Eldercare Centers

ELDERSBURG ELDERCARE

2028 Liberty Road
Eldersburg, MD 21784
410-795-4686
Fax: 410-795-9582
rosemary@eldersburgcare.com
www.eldersburgcare.com

ELDERSBURG ELDERCARE OF DAMASCUS

26137 Ridge Road
Damascus, MD 20872
301-253-2764
Fax: 301-253-9079
dana@eldersburgcare.com
www.eldersburgcare.com

CONTACT: Social Worker, Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Providing medical supervision and therapeutic recreation services for individuals with Alzheimer's disease, Parkinson's, stroke, diabetes, and other medical, psychological, and neu-



rological disorders.

ELIGIBILITY: Older Adults

COST: Contact social worker for rates.

Essential Rehab Plus

8033-B Penn Randall Place
Upper Marlboro, MD 20772
301-516-9600 or 301-676-2903
Fax: 301-516-0900
cortlandbard@aol.com
www.Essentialrehab.com

CONTACT: Western Maryland
Representative
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: We provide a wide variety of medical equipment and incontinence products including, but not limited to wheelchairs, walkers, patient lifts, adaptive equipment, etc.

ELIGIBILITY: General public

COST: Varies; contact office for details.

Experience Works, Inc.

Frederick County Business and
Employment Center
5340A Spectrum Drive
Frederick, MD 21703
301-600-2269
Fax: 301-600-1916
PA_receptionist@experienceworks.org
www.experienceworks.org

CONTACT: Field Operations Assistant

Monday, Tuesday, and Thursday
8 a.m.-3:30 p.m.

SERVICES: Paid work training and experience through community service assignments at local non-profit agencies. Part-time 20 hours per week at minimum wage. Job search assistance. Must meet age and income guidelines (federal poverty level). Senior Community Service Employment Program funded by the Older Americans Act.

ELIGIBILITY: Frederick County residents age 55 and older, unemployed, with very low income.

COST: None

F

Faith Community/Parish Nurse Support Group

Adventist HealthCare
Office of Health Ministry
1801 Research Blvd., Suite 300
Rockville, MD 20850
301-315-3714 or 301-315-3141
mterrell@adventisthealthcare.com

CONTACT: FCN Coordinator


SERVICES: Provide support services to Registered Nurses and Faith Communities in the establishment and continued development of a Faith Community practice in their congregation. The Faith Community Nurse

ministers through the provision of primary preventative healthcare to promote wellness of the body, mind and spirit. Services and referrals are coordinated with volunteer Faith Community Nurses who, within their faith communities, provide health education, health counseling, advocacy for the relationship between health and faith, coordination of volunteers and act as a referral agent. We provide a periodic support group for Faith Community Nurses. In addition, the Health Ministry office helps in the formation and function for Health Ministry teams in congregations.

ELIGIBILITY: The Faith Community Nurse must hold a valid RN license. Members of Health Ministry teams can be volunteers from the general church population, all ages and professions.

COST: Support group and resources are free. Some training may have a fee.

Federated Charities

 22 South Market Street, Suite 1
Frederick, MD 21701
301-662-1561
fedcharities@aol.com


CONTACT: Office
Monday-Friday, 8 a.m.-4 p.m.
Call for an appointment

SERVICES: Provides a free loan closet of homecare medical equipment on a temporary basis.

ELIGIBILITY: Must be a Frederick County resident.

COST: None; contact office for details.

The Religious Coalition for Emergency Human Needs Food Banks

 27 DeGrange Street
Frederick, MD 21701
301-631-2670

SERVICES: Groceries for a household in need: obtained at any of the following locations and times:

BRUNSWICK

First United Methodist, 7 S. Maryland Ave.
Thursday, 6:30 p.m.-8 p.m.

EMMITSBURG

Elias Lutheran Church, 502 E. Main St.
Tuesday, 7 p.m.-8 p.m.
Wednesday, 7 p.m.-8 p.m.
Friday, 1 p.m.-2 p.m.
Saturday, 10 a.m.-11 a.m.

FREDERICK

Community Action Agency, 100 S. Market St.
Monday, Tuesday, Thursday, Friday,
2 p.m.-4 p.m.
Wednesday, 7 p.m.-9 p.m.

JEFFERSON

St. Paul's Lutheran Church,
3866 Jefferson Pike
1st and 3rd Saturdays, 10 a.m.-
11:30 a.m.

**MIDDLETOWN**

Old Municipal Building, 301 W. Main St.
Wednesday, 1 p.m.-3 p.m.
Saturday, 9 a.m.-12 Noon

THURMONT

St. John's Lutheran Church, 15 N.
Church St.
Tuesday, 6 p.m.-7:30 p.m.

WALKERSVILLE

Town Hall, 21 W. Frederick St.
Monday, 6:30 p.m.-8:30 p.m.
Thursday, 12 p.m.-2 p.m.


KNOXVILLE

Mt. Zion AME, 202 Jefferson Pike
1st and 3rd Saturdays,
10 a.m.-1 p.m.

ELIGIBILITY: Anyone who has a need for food on an emergency basis. Referral from the Religious Coalition for Emergency Human Needs necessary at some food banks. The Independence Card is also accepted as proof of eligibility. Social Security number is needed for household members.

COST: None

FREDERICK COMMUNITY COLLEGE (FCC)

 7932 Opossumtown Pike
Frederick, MD 21702
www.frederick.edu

• Educational Programs Tuition-Free Registration

301-846-2431
www.frederick.edu

CONTACT: Welcome & Registration Center, Monday-Thursday, 8:30 a.m.-7 p.m., Friday, 8:30 a.m.-4:30 p.m.

SERVICES: Provides opportunity for eligible persons to register tuition-free, on a space-available basis, in Frederick Community College's academic programs. Tuition-free registration available two weeks prior to the start of the semester.

ELIGIBILITY: Maryland residents 60 years or older.

COST: No charge for tuition if space is available and if the course has sufficient enrollment to be conducted. Other related costs including books and materials fees must be paid.

• Institute for Learning in Retirement-ILR

301-624-2732
Fax: 301-624-2749
www.frederick.edu

CONTACT: ILR Office, Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: ILR offers fascinating, fun, affordable and accessible learning opportunities for Frederick County adults 55 and over. ILR classes in computers, history, art, music, religion, finance, health and more, are designed by and for mature adults. There are no tests or grades in ILR,

only engaging ways to tickle the brain and indulge the curiosity in the company of other lifelong learners.

ELIGIBILITY: Frederick County residents age 55 and up. A diploma is not required to participate.

COST: Lifetime membership is \$20.00, though one need not be a member to participate. Classes, field trips, and events range from \$10.00 to \$69.00, with reduced fees to members. Gift certificates are available.

Frederick County Commission on Disabilities

HR Division, Winchester Hall
12 East Church Street
Frederick, MD 21701
301-600-1663
Fax: 301-600-2314
mward@frederickcountymd.gov
www.frederickcountymd.gov/fccod

CONTACT: Staff liaison
Monday-Friday, 8 a.m.–4 p.m.

SERVICES: We are happy to provide information and referrals on any disability-related issues brought to us by County residents and assist them in resolving those issues. Monthly meetings on every second Monday are open to the public. Please call or email for more information.

ELIGIBILITY: Frederick County residents

COST: None

Frederick County Sheriff's Office Community Services

110 Airport Drive East
Frederick, MD 21701
301-600-2167
Fax: 301-600-6759
www.frederickcountymd.gov/sheriff

301-600-1046 (non-emergency; 24 hours/day, 7 days/week)
911 (emergency)

CONTACT: Community Services Supervisor

SERVICES: Senior emergency cell phone program, neighborhood watch, community programs and public relations.

ELIGIBILITY: No requirements

COST: None

Frederick County Workforce Services

5340A Spectrum Drive
Frederick, MD 21703
301-600-2255
Fax: 301-600-2906
www.frederickworks.com

CONTACT: Office
Monday-Thursday, 8 a.m.–6 p.m.
Friday, 8 a.m.–4 p.m.

SERVICES: Frederick County Workforce Services (formerly JTA) pro-



vides job seekers with career assessment and vocational counseling; a fully equipped career resource lab; workshops and seminars; low- or no-cost career training; one-on-one assistance with resume and interview preparation; access to current job listings; and job fairs featuring employers from high-growth, high-demand industries.

ELIGIBILITY: Anyone in search of employment is welcome.

COST: Most services are available at no cost.

Human Development Council, Frederick Medical Daycare Center

916 North East Street
Frederick, MD 21701
301-293-6055
Fax: 301-293-6089
www.wchdc.org

CONTACT: Director
Monday-Friday, 8 a.m.-4 p.m.

SERVICES: The Adult Medical Daycare program primarily serves developmentally disabled individuals who are also medically handicapped. This program emphasizes prevention, early diagnosis and treatment, and health education. Services include medical, social, habilitative/rehabilitative, OT, PT, speech, nutritional, psychological/psychiatric, and a full activity program including an arts and crafts program.

ELIGIBILITY: Adults residing within Frederick County who are developmentally disabled, medically handicapped, elderly, etc. that are in need of a day program.

COST: Contact office for cost for private pay. Funding sources include: Medical Assistance, Developmental Disabilities Administration, CACFP.

Frederick Medical Supplies, Inc.

4987 Winchester Boulevard, Suite 3
Frederick, MD 21703
877-392-5611
Fax: 301-874-5264

CONTACT: Office
Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Provider of a comprehensive line of rehabilitation equipment and services including:

- Manual and Power Wheelchairs
- Custom Molded Seating Systems
- Scooters
- Bathroom Equipment
- Canes/Crutches/Walkers
- Ramps
- Stair Lifts/Vehicle Lifts/Outdoor Lifts
- Lift Chairs
- Hospital Beds/Therapeutic Support Surfaces
- Compression Stockings
- Pressure Mapping

ELIGIBILITY: General public

COST: Eligibility of insurance benefits are determined on an individual basis. Contact office for details.

The Freedom Center, Inc.

Rose Hill Plaza, Unit A-20
1560 Opossumtown Pike
Frederick, MD 21702
301-846-7811
Fax: 301-846-9070

www.thefreedomcenter-md.org

CONTACT: Office, Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Empowers people with disabilities to lead self-directed, independent and productive lives in a barrier-free community. Provide services in advocacy, information and referral, peer counseling and independent living skills training.

ELIGIBILITY: Must have a disability and live in Frederick or Carroll counties. We serve all ages and all disabilities.

COST: None

FREDERICK COMMUNITY ACTION AGENCY (FCAA)

100 South Market Street
Frederick, MD 21701
301-600-1506
Maryland Relay: 711
Fax: 301-662-9079

www.cityoffrederick.com

CONTACT: Office, Monday-Friday, 8:30 a.m.-5 p.m.

• Access to Care Program (ATC)

This program provides primary health care for households with an income at or below 200% of the federal poverty level.

ELIGIBILITY: Frederick County residents who meet the financial eligibility requirements.

COST: Sliding scale co-payment.

• Primary Adult Care Outreach Project (PAC)

FCAA case managers and outreach workers assist lower income people to apply for benefits through the Primary Adult Care (PAC) Program, a state-funded program that helps pay for prescription medications and provides access to primary health care services.

• Primary Adult Care Program (PAC)

The state funded Primary Adult Care Program provides primary health care and pharmacy assistance to lower income adults that are eligible for enrollment in the program; the FCAA is a participating PAC provider through Maryland Physicians Care MCO and Priority Partners MCO.

ELIGIBILITY: Frederick County residents who meet the financial eligibility requirements.

FMH Home Health Services

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Skilled Home Health Services

Skilled Services include:

- Nursing
- Speech Therapy
- Physical Therapy
- Lifeline
- Occupational Therapy
- Medical Social Services



Home Infusion Services

Many types of home infusion therapy can be safely administered in your home. This allows you to continue with your daily activities while continuing with the necessary treatment your physician prescribes.



Home Medical Equipment

Providing patients with state-of-the-art equipment including:

- Wheelchairs
- Walkers
- Canes/Crutches
- Home Oxygen/Respiratory Equipment
- Hospital Beds
- Lifeline: 24-Hour Emergency Response System



FMH Home Health Services
605 E. Church Street, Suite 2, Frederick, MD 21701

240-566-3568

www.fmh.org



COST: None; for further information call the office.

• **Service-Linked Housing Program**

Provides case management and other supportive services to assist low-income families and individuals who are residing in permanent housing.

• **Housing Counseling Program**

The Frederick Community Action Agency is a HUD Approved Housing Counseling Agency and Accredited Housing Counselors provide pre-purchase, default and home equity conversion counseling services.

ELIGIBILITY: Low-to moderate-income individuals and families of Frederick County.

COST: None; for further information, call the office.

• **Outreach Project**

Staff members regularly provide outreach to the streets, woods and other homeless shelters in order to locate and engage persons in need of services.

ELIGIBILITY: Low-to moderate-income Frederick County residents.

COST: None; for further information, call office.

• **Medbank Program**

CONTACT: Medbank Case Manager
Monday-Friday, 8:30 a.m.-5 p.m.

SERVICES: Medbank helps people get the prescription medications they need, but can't afford. We apply to the patient assistance programs that are provided by the pharmaceutical companies. We also help people apply for other programs such as the Maryland Primary Adult Care Program.

ELIGIBILITY: Medbank clients must be low to middle income, without insurance to pay for their medications, and chronically ill. Each program has specific eligibility guidelines. Please call Medbank to see if you qualify for assistance.

COST: There is no cost to enroll in Medbank or for most of the services provided. Some programs have small co-payments for each prescription.

• **Weatherization**

SERVICES: FCAA (a public non-profit organization) will help eligible persons save energy and money by installing storm windows, attic insulation, caulking and weather stripping in their homes and by furnace cleaning and tuning.

ELIGIBILITY: Frederick County residents who meet the financial eligibility requirements, whether they rent or own their homes.



COST: No charge to eligible persons. For further information, call the office.

FREDERICK COUNTY HEALTH DEPARTMENT (FCHD)

350 Montevue Lane
Frederick, Maryland 21702
301-600-1029

www.frederickcountymd.gov/healthdepartment

• Mental Health Services Adult Evaluation and Review Services (AERS)

301-600-1736

Fax: 301-600-3548

www.frederickcountymd.gov/healthdepartment

CONTACT: AERS, Monday-Friday, 8 a.m.-4 p.m.

SERVICES: AERS provides assistance to aged and functionally disabled adults who are at risk for institutionalization. AERS staff conducts a comprehensive evaluation to identify services available to help the individual to remain in the community. Every effort is made to obtain appropriate services to address the needs of each individual evaluated.

ELIGIBILITY: Frederick County residents

COST: None

• Preventative Health Program

301-600-3362

Fax: 301-600-3689

www.frederickcountymd.gov/healthdepartment

CONTACT: Program Coordinator, Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Breast and Cervical Cancer Program offers free clinical breast exams, PAP tests, and mammograms to women 40+ years of age who meet income guidelines and do not have insurance.

The Colorectal Cancer Screening Program offers free history, physical, and colonoscopy to income eligible men and women 50+ years of age with no insurance or men and women of any age who have an increased risk of colorectal cancer.

Enroll by calling 301-600-3362. Local participating medical providers provide medical care.

ELIGIBILITY: Frederick County residents

COST: Free to qualified men and women.

• Preventative Health Program

301-600-3362

Fax: 301-600-3689

jmyers1@frederickcountymd.gov
www.frederickcountymd.gov/healthdepartment

CONTACT: Office, Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Clinical breast exams, PAP tests, mammograms, and colonoscopy.

ELIGIBILITY: Frederick County resident, no insurance, age and income qualified.

COST: None

• **Community Mental Health Clinic**

301-600-1755

CONTACT: Office secretary for information and appropriate referral Tuesday, Thursday, and Friday 8 a.m.-5 p.m.
Monday and Wednesday, 8 a.m.-9 p.m.

SERVICES: The Mental Health Clinic provides outpatient treatment and support services to individuals and families in the community who need help coping with emotional crises or who are suffering from major mental and emotional difficulties.

Basic services include: Primary treatment services for individual, group, family therapy, and medication management. Additionally, patients are assisted in arranging hospitalization when needed and are referred for other community support services as appropriate, e.g. Social Services and Social Security programs and entitlements, day treatment, partial hospitalization, personal care and geriatric

evaluation services.

ELIGIBILITY: Frederick County residents with mental health concerns.

COST: Medicaid, Medicare and most third party insurances are accepted, as well as private pay. (Private insurance clients must pay up front and are responsible for obtaining reimbursement from insurance company).

• **Dental Program**

301-600-1041

CONTACT: Dental Program
Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Referral services for adults to local dentists under "Gray Area Access Program" if income is limited. Financial interview required. Clinic is for children under 18 years of age only.
Educational presentations to groups available by request.

ELIGIBILITY: Anyone residing in Frederick County.

COST: A sliding scale is used to determine fees based on income and family size. No one is denied service due to inability to pay.

• **Medicaid Personal Care Program**

301-600-3207

Fax: 301-600-3548



www.frederickcountymd.gov/healthdepartment

CONTACT: Office

Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Assistance with bathing, toileting, mobility, eating, dressing and medication supervision is provided to eligible individuals of all ages in their homes. Providers who are usually recruited by the Health Department give care.

ELIGIBILITY: Must have a current Medical Assistance Card (Medicaid) and qualify for care after receiving a free in-home nursing assessment provided by the program's nursing staff.

COST: None

• **Community Health Services Division**

301-600-1733

Fax: 301-600-3310

www.frederickhealth.org

CONTACT: Director of Nursing

Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Provides a variety of programs for children and adults that focus on the prevention of illness and health maintenance. Services include maternal child health Healthy Start, communicable disease surveillance, HIV testing and case management services, immunizations, breast and cervical cancer screening, skin cancer awareness, colorectal cancer screen-

ing, and non-English speaking outreach. Interpreting and sign language services available.

ELIGIBILITY: Frederick County residents

COST: Sliding scale/some services free.

• **Frederick County Substance Abuse Program**

Adult Services: 300-B Scholl's Lane
Frederick, MD 21701
301-600-1775

CONTACT: Supervisor on duty for information and appropriate referral.

SERVICES: Provides intakes, assessments, referrals, and counseling services on an outpatient basis. Counseling services are available in individual, family, couple and group modalities for a variety of alcohol and substance abuse issues. Alcohol and substance abuse education is also provided as well as pre-inpatient admissions and after-care counseling.

Special prevention programs include working with children and parents of preschools, elementary and some middle school aged children. Parenting classes are offered at different locations throughout the county. Great efforts are being made to reduce tobacco use and smoking cessation classes are provided.

Intensive outpatient services are available for persons who need counseling

more than once a week or who are unable to enter an inpatient facility.

ELIGIBILITY: Frederick County residents prioritized.

COST: Fees are based on a sliding scale considering income and number of dependents. Insurance companies will be billed for services if coverage is available.

FREDERICK MEMORIAL HOSPITAL (FMH)

400 West 7th Street
Frederick, MD 21701
240-566-3300
TTY: 240-566-3592

www.fmh.org

SERVICE SITES:

FMH Rose Hill

1562 Opossumtown Pike
Frederick, MD 21702
240-566-3100

FMH Mount Airy

1502 South Main Street
Mount Airy, MD 21771
301-829-5800

FMH Wellness Center at FSK Mall

5500 Buckeystown Pike
Frederick, MD 21703
240-379-6045

FMH Diabetes Center

5500 Buckeystown Pike
Frederick, MD 21703
240-379-6000

FMH Regional Cancer Therapy Center

501 West 7th Street
Frederick, MD 21701
240-566-4500

FMH Immediate Care

850 Oak Street
Frederick, MD 21702
301-698-8374

FMH Immediate Care, Mt. Airy

1502 South Main Street
Mt. Airy, MD 21771
301-829-5888

Hospice of Frederick County

516 Trail Avenue, Suite C
P.O. Box 1799
Frederick, MD 21702
240-566-3030

FMH Psychiatric Services

400 West 7th Street
Frederick, MD 21701
240-566-3904



FMH Advanced Wound Care & Hyperbaric Medicine

400 West Seventh Street, Frederick,
Maryland 21701
240-566-3840

FMH Cardiac Rehabilitation

400 West 7th Street
Frederick, MD 21701
240-566-3229

ELIGIBILITY: Hospital services are available to anyone regardless of race, religion or ability to pay.

COST: Contact the hospital's general information office at 240-566-3300 and ask for the business office.

FMH Diabetes Program

FMH Wellness Center at FSK Mall
5500 Buckeystown Pike
Frederick, MD 21703
240-379-6045
Fax: 240-379-6040
www.fmh.org

CONTACT: Program Assistant
Monday-Friday, 8 a.m.-4:30 p.m.
Evening hours by appointment only.

SERVICES: Diabetes self-management education classes, individual diabetes education, including pre-diabetes and nutritional counseling as well as free monthly support groups.

ELIGIBILITY: All appointments require a physician's order.

COST: Covered by Medicare and other insurance plans. Co-pays and deductibles vary.

FMH Home Health Services

605 East Church Street, Suite 2
Frederick, MD 21701
240-566-3568
Fax: 240-566-3984
hbrown@fmh.org
www.fmh.org

CONTACT: Director
Monday – Saturday: 8 a.m. – 4:30 p.m.

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Frederick, Maryland 21701

SERVICES: FMH Home Health offers a comprehensive plan of skilled home care services to meet a patient's needs in the comfort of the patient's home.

SKILLED INTERMITTENT HOME HEALTH

- Intermittent Skilled Nursing
- Home Infusion
- Enteral Feedings
- Wound and Ostomy care and teaching
- Physical Therapy/Occupational Therapy
- Speech Therapy
- Home Health Aides
- Social Work
- Pediatric Nursing and Pediatric Home Infusion Therapy

Home Medical Equipment and Oxygen: (See detailed listing under Durable Medical Equipment)
Personal Emergency Response System

ELIGIBILITY: Pediatric to Geriatric Skilled Home Health criteria

COST: Medicare, Medicaid, most private insurances, and private pay.

FMH Home Medical Equipment and Supplies

605 East Church Street
Frederick, MD 21701
240-566-3099
Fax: 240-566-3091
rtritapoe@fmh.org
www.fmh.org

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CONTACT: Manager
Monday – Saturday, 8 a.m. – 4:30 p.m.

SERVICES:

Home Medical Equipment and Supplies

- Wound Care Supplies
- Enteral Supplies – feeding pumps/nutritional supplements
- Ostomy Supplies
- Blood Glucose Monitors and Supplies
- Wheelchairs/Walkers
- Hospital Beds/Bedside Commodes
- Power Operated Vehicles/Seat Lift Chairs
- Alternating Pressure Pads
- Assistive Devices for Daily Living Activities
- Lifeline Personal Response System
- Home Oxygen
- Respiratory Nebulizers
- CPAP
- Bi-PAP
- Apnea Monitors
- Phototherapy

On-line shopping is available at www.fmh.org - select "Medical Equipment."

ELIGIBILITY: Individuals of all ages who are medically unstable or recovering from an illness or injury and require continued assistance with home medical care or activities of daily living.

COST: Medicare, Medicaid, Private insurances and your insurance criteria will determine eligibility of benefits.

FMH Select! FMH Wellness Center at FSK Mall

5500 Buckeystown Pike
Frederick, MD 21703
240-379-6031
Fax: 240-379-6050
www.fmh.org

CONTACT: Program Coordinator
Monday-Friday, 8 a.m.-5 p.m.

SERVICES: A senior program of services and benefits for joyous living and healthy aging. Insurance claims assistance, living wills and advanced medical directives, quarterly newsletter, discount in FMH cafeteria and discount at FMH Wellness Center. Free and low cost blood pressure, cholesterol, glucose and other health screenings. Monthly luncheons with special Members Only pricing and priority seating featuring health and wellness programs by local doctors and professionals.

ELIGIBILITY: All persons 55 years and older.

COST: Annual membership fee of \$10.00. Annual membership fee of \$4.00 for FMH Auxiliary members. No charge for FMH Auxiliary lifetime members.

FMH Home Health Services Lifeline Personal Response System

605 East Church Street

Frederick, MD 21701
240-566-3222 or 240-566-3099

CONTACT: Referral Office
Monday-Saturday, 8 a.m.-5 p.m.

SERVICES: Lifeline is a personal emergency response system that links subscribers to a central response center where highly trained personnel arrange for appropriate help. In the event of accident or sudden illness, the user simply presses a button that is worn or carried and a call for assistance is sent to the monitoring center via a communicator attached to the individual's telephone.

ELIGIBILITY: For those persons with unstable medical conditions, health risks, illness, injury, prolonged convalescence, disabilities, or those who wish to remain in their homes.

COST: One-time activation fee with a monthly monitoring fee. Rate information is available upon request. Financial assistance is possible for persons with limited or low-income.

Frederick Memorial Hospital Physician Referral Services

5500 Buckeystown Pike
Frederick, MD 21703
301-695-1300
www.fmh.org

CONTACT: Office
Monday-Friday, 8:30 a.m.-4:30 p.m.


Answering machine evening and weekends.
Calls will be returned the next business day.

SERVICES: Physician referrals for Frederick County. Referrals are made to doctors affiliated with Frederick Memorial Hospital.

ELIGIBILITY: General public

COST: None

FREDERICK COUNTY DEPARTMENT OF AGING

 1440 Taney Avenue
Frederick, MD 21702
301-600-1605
Fax: 301-600-3554
deptofaging@frederickcountymd.gov
www.frederickcountymd.gov/doa

• Caregiver Support Program

301-600-6001

CONTACT: Program Coordinator
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: The Frederick County Department of Aging's Caregiver Support Program offers the following services to caregivers in Frederick County, or providing care to an individual in Frederick County:

- Individualized information, referral and support services



- Linkage with other relevant community resources and programs
- Respite care and supplemental services subsidies (may be used for purchase of assistive devices, medications, incontinence supplies, etc.) as funding allows
- A monthly non-disease specific caregiver support group
- Education and training in coordination with other organizations
- A resource lending library
- A monthly caregiver update available to caregivers via mail or e-mail
- An in-home care provider registry listing individuals who provide care services in the home (i.e. companionship care, light housekeeping, meal preparation, hair care and styling, veterinarian visits, pet grooming, etc.)

ELIGIBILITY: Caregivers providing care for someone age 60 or older or with a dementing disease of any age. Grandparents or other relatives 55 or older caring for a child under 18, or an adult child with disabilities between the ages of 19-59.

COST: None

• Congregate Dining

301-600-1605

CONTACT: Meal Manager or local center coordinator
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: A well-balanced meal is

prepared by a preferred vendor and served in a group setting at senior centers and other facilities throughout the county. The program serves meals in the following areas: Frederick, Brunswick, Emmitsburg, Feagaville, Thurmont and Urbana.

Transportation can be provided.

Home Delivered Meals: One or two meals per day are delivered to the homebound older person.

ELIGIBILITY: Serves adults age 60 and older and a spouse of any age. Reservations are required two business days in advance.

COST: Voluntary contribution up to full cost of the meal. Individuals over



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301.846.9922

homeinstead.com/627

Licensed by the Maryland Department of Health and Mental Hygiene

age 60 may not be denied a meal due to inability to contribute.

• Meals On Wheels

301-600-3524

CONTACT: Outreach Coordinator
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: A food service which provides one hot meal and one cold meal delivered by volunteers, Monday-Friday between 11 a.m.-1 p.m. Special diets can be prepared.

ELIGIBILITY: Homebound elderly, handicapped or convalescing persons who are unable to shop or cook for themselves.

COST: Voluntary contribution up to full cost of the meal. Individuals over age 60 may not be denied a meal due to inability to contribute.

• Medicaid Home and Community Based Services Waiver for Older Adults

301-600-1657

CONTACT: Client Services Coordinator
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: The goal of the Medicaid Waiver is to enable adults to remain in a community setting even though their advanced age or disability would warrant placement in a long-term care facility. The Waiver allows services that are typically covered by Medicaid in a long-term care facility to be provided to eligible persons in their own homes or in assisted living facilities. For eligible clients, the State will pay for covered services to enable them to stay in the community.

ELIGIBILITY: The client must be at least 50 years of age. The income level is 300 percent of the Supplemental Security Income (SSI) level, \$2,022 per month, as of January 1, 2010, or higher if medically needy spending down through allowable medical expenses. The assets allowable are \$2,000 or \$2,500, depending on eligibility category. Participants must meet Medicaid's long-term care admission criteria (nursing home level of care).



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COST: None

- **Ombudsman Program**

301-600-2877 or 301-600-3520

CONTACT: Ombudsman

Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: The Ombudsman is an advocate whose goal is to promote the highest possible quality of life and care for residents living in long-term care facilities. The Ombudsman ensures the understanding and implementation of residents' rights through staff and resident training, receives and seeks to resolve complaints made by or on behalf of long-term residents, protects the privacy and confidentiality of residents and families, educates the community about long-term care facilities, and advocates for improvements in relevant legislation and policy.

ELIGIBILITY: Residents, relatives, facility staff, public agencies or any person or group interested in residents' well-being may contact the Ombudsman. Contact may be made anonymously.

COST: None

- **Phone Loan Program**

301-600-1605

CONTACT: Information & Assistance
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: Cell phones are given to seniors to use in case of a vehicular

breakdown, flat tire, medical emergency or other safety issue that may arise. These phones are keyed to dial 9-1-1 only and cannot be used for personal outgoing/incoming calls. Appointments are necessary.

ELIGIBILITY: Any Frederick County senior citizen

COST: None

- **Senior Care Program – A partnership between Department of Aging and Department of Social Services**

301-600-2635 or 301-600-1605

CONTACT: Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Senior Care is a program to help frail, health-impaired, older persons locate and select the services that can help them continue to live in their homes and stay in their communities. An evaluation of needs is done in the home by a qualified staff person or team. After the needed services are identified, a case manager will help locate and arrange for the services and ensure that the older person receives the needed services at the right time.

ELIGIBILITY: To be eligible, a person must be 65 years of age or older, need assistance with several daily activities such as bathing, meal preparation, etc., be moderately or severely dis-

abled, be medically at risk of institutionalization and live in Frederick County.

Such persons may be eligible for gap-filling service dollars if they meet established financial standards and other eligibility criteria.

COST: None

• **Senior Centers and Sites**

301-600-1605

CONTACT: Office,
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: Senior Centers offer a variety of activities, programs and services to enhance the health and fitness, nutritional, educational and social needs of older adults. Days and hours vary. Limited transportation is available for lunch participants. Please contact the center coordinator for additional information.

BRUNSWICK SENIOR CENTER

12 East "A" Street
Brunswick, MD 21716
301-834-8115

EMMITSBURG SENIOR CENTER

300 South Seton Avenue
Emmitsburg, MD 21727
301-600-6350

FREDERICK SENIOR CENTER

1440 Taney Avenue
Frederick, MD 21702
301-600-3525

THURMONT SENIOR CENTER

806 East Main Street
Thurmont, MD 21788
301-271-7911

URBANA SENIOR CENTER

9020 Amelung Street
Frederick, MD 21704
301-600-7020

FEAGAVILLE NUTRITION SITE-

Meets every Thursday at Ballenger Community Hall. Call 301-600-1605 for meal reservations and information.

ELIGIBILITY: All persons 60 years and older and spouses who are under 60.

COST: Some activities have fees attached. Meals and transportation depend on voluntary contributions.

• **Senior Health Insurance Program (SHIP) Senior Medicare Patrol (SMP)**

301-600-1604

CONTACT: SHIP/SMP Counselor
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES:

SHIP: Provides health insurance assistance and information to Medicare-eligible individuals and their families. Staff can assist with understanding Medicare explanations, physician's bills, and making informed decisions about enrollment and insurance plan



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Honoring Our Heritage ... Planning for the Future

Independence, choice and value are the cornerstones of our commitment to quality not-for-profit senior living and health care.

Established in 1890 as the National Lutheran Home for the Aged, a serving agency of the Evangelical Lutheran Church in America, the ministry's mission and vision has grown to include a wide range of lifestyle and health care options for seniors.

- Independent Living
- Independent Living month-to-month
- Independent Living with support services
- Rehabilitation
- Respite Care
- Long-Term Skilled Nursing Care
- Hospice Care

Coming Soon ...

- Assisted Living
- Assisted Living-Memory Care
- Home & Community Based Services

National Lutheran Communities & Services

*National Lutheran
Home for the Aged*

1803 Research Blvd., Suite 508
Rockville, MD 20850
301-424-9560
www.nlha.com

*National Lutheran
Home & Village at Rockville*

9701 Veirs Drive
Rockville, MD 20850
301-424-9560
www.nlhv.org

*The Village at Orchard Ridge
Information Center*

117 E. Piccadilly Street
Suite 100A
Winchester, VA 22601
1-888-723-8867
www.orchardridgeva.org

purchases.

SMP: "Empowering Seniors to Prevent Healthcare Fraud." Provides assistance with billing questions or possible billing errors.

ELIGIBILITY: Anyone who is eligible for Medicare and has concerns about possible Medicare billing errors.

COST: None

• Senior Information and Assistance

301-600-1604

CONTACT: Office
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: Provides a single point of entry into the service system for older citizens, their families, and caregivers. Through the program, seniors receive information to make informed choices about services, referrals to appropriate agencies, assistance in obtaining services and benefits and follow-up. The program promotes awareness of services for the elderly through outreach and public education.

ELIGIBILITY: Any Frederick County citizen

COST: None

• Senior Legal Services

301-600-1604

CONTACT: Office
Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: Referrals are made to a locally contracted legal service provider for matters such as:

- Income maintenance/disability benefits: SSI or Social Security denial.
- Health care: Medicare or Medical Assistance denial, etc.
- Nutrition: food stamps denial
- Housing/Utilities: landlord-tenant problems, etc.

ELIGIBILITY: Frederick County residents 60 years of age or over with priority for those with greatest economic need.

COST: None

G

Get It Done Errands Service

 10109 Rocky Ridge Road
Rocky Ridge, Maryland 21778
301-271-4347
nswensson@yahoo.com

CONTACT: Owner

SERVICES: Services include but are not limited to transportation, grocery shopping, personal shopping, pickup/delivery, pet setting and vacation needs. Give me your list or ride along. Either way you will get reliable and courteous service. Serving Frederick County for over 15 years.



ELIGIBILITY: General public

COST: Fees are \$15.00 per hour. Will work with limited incomes. Carpool and get reduced rates.

Glade Valley Nursing and Rehabilitation Center

56 West Frederick Street
Walkersville, MD 21793
301-898-4300
Fax: 301-898-4343

CONTACT: Director of Admissions

SERVICES: Glade Valley Nursing and Rehabilitation Center is a partnership between Frederick Memorial HealthCare System and Adventist HealthCare. The facility is a 124-bed nursing center that provides 24-hour nursing care to individuals who can no longer care for themselves or be cared for at home. The nursing center provides care for residents in a manner and in an environment that maintains or enhances each resident's dignity and respect, and in full recognition of the resident's individuality. Should your physician order rehabilitation services, our nursing center provides physical, occupational and speech therapy. Respiratory therapy is also available for residents who suffer from respiratory complications.

Within Glade Valley is Haven Court, a secured unit for people with Alzheimer's disease and other forms of dementia. The unit's design, staffing and activity plan provide resi-

dents and their families with an extra sense of security and comfort.

ELIGIBILITY: Contact Director of Admissions for more details or to schedule a tour of the facility.

COST: Private payment, Medicare and Medicaid.

Golden Living Center-Frederick

30 North Place
Frederick, MD 21701
301-695-6618
Fax: 301-695-9571

www.goldenlivingcenters.com

CONTACT: Director of Admissions

SERVICES: Golden Living Center-Frederick is a 120-bed skilled nursing center providing short and long term care. We have comprehensive physical, occupational and speech rehabilitation programs that allow one to achieve the highest level of functional skills possible. We provide respite care, hospice care and have a dedicated Alzheimer's unit.

ELIGIBILITY: Contact the Director of Admissions for more details or to schedule a tour of the facility.

COST: Private, Medicare, Medicaid and most major insurances.

Golden Years Senior Assisted Living

28928 Ridge Road
Mt. Airy, MD 21771
301-607-9009 or 1-888-792-7234
theseniorinn@yahoo.com
www.seniorinn.com

CONTACT: Owner

SERVICES: Golden Years is a wheelchair accessible Level 1-3 facility for eight residents providing respite care, after-hospital care, and hourly day-care. Laundry, housekeeping, home-made meals, incontinent care and medication administration and supervision are provided. Alzheimer's patients accepted.

ELIGIBILITY: Individuals over 55 years of age.

COST: Varies, depending on level of care and private or semi-private room.

Goodwill Industries of Monocacy Valley, Inc.

400 East Church Street
Frederick, MD 21701
301-662-0622
Fax: 301-846-0940
egross@gimv.org
www.gimv.org

CONTACT: Director of Marketing/Development
Monday-Friday, 8:15 a.m.-5 p.m.

SERVICES: Free assistive devices, job training and employment opportunities, free clothing and household goods when referred by designated agencies, Maryland food stamp enrollment outreach, youth mentoring and computer classes. Volunteers for varied positions are welcomed.

ELIGIBILITY: Assistive devices are free to anyone in need. Job training and free furnishings/clothing are provided through referrals. Both full and part-time employment opportunities are available.

COST: None

GrandFamilies of America

6525 Fish Hatchery Road
Thurmont, MD 21788
301-898-8023
1-866-203-8926 ext. 8103
Fax: 301-898-4462
owenspat@aol.com
www.grandfamiliesofamerica.org

CONTACT: Director

SERVICES: GrandFamilies of America, the only organization of its kind in the country, connects the dots for people across the country. Along with our national partners The Children's Defense Fund, Child Welfare League of America, Generations United, Child Focus Partners and our database, we are able to connect caregivers looking for support with that support in their own communities and keep them informed on what is going on around

Sunrise Assisted Living of Frederick

Sunrise Assisted Living of Frederick has been providing quality care and services to our residents, family members and friends for more than 18 years. This would not be possible if it were not for the dedicated, caring and committed team members who serve our residents each day. Here's what some of our family members and residents have to say:



"Everyone who works here is dedicated and each one contributes a valuable and needed service to make Sunrise the friendly, warm, efficient, loving and caregiving home that it is to our family."

*--Carol Harrigan,
Family member since 2001*

"I'd just like to say that we were very lucky to become involved with the Sunrise family; a team who dedicates themselves to showing kindness and a sincere interest in the well being of others."

*--Candy Bischoff,
Family member since 2010*

"You, the staff, treat all your residents with the utmost dignity and respect and care. There is no finer gift to our family members than that and for this, from the bottom of my heart I say thank you, job well done, I could not do without each and every one of you! You have given me my father, given my daddy a new lease on life, one of quality, dignity and joy."

*--Kathryn Ann McKenzie,
Family member since 2008*

**Stop by today and find
out why our residents are
proud to call Sunrise of
Frederick Home.**



SUNRISE OF FREDERICK
301.663.9500
990 Waterford Drive
(Off Baughmans Lane)

Assisted Living | Memory Care

For more information and FREE online newsletter, visit www.sunriseseniorliving.com
or email frederick.dcr@sunriseseniorliving.com

the country regarding kinship issues.

ELIGIBILITY: General public

COST: None

Health Matters at Work™, Maryland

1-800-242-4356

<http://www.healthmattersatwork.org>

SERVICES: Health Matters at Work™, Maryland is a comprehensive web and workplace-based program that helps employers, employees and their families find the tools and information they need for dealing with chronic diseases, conditions, and disabilities. The program offers information and resources on prevention, health and wellness, living more successfully with chronic diseases and/or disabilities, caregiver support, and much more.

COST: Cost varies per program; most services are free.

To find out more or to implement Health Matters at Work in your organization, call 1.800.242.4356 or e-mail coordinator@chcmd.org

HeartFields at Frederick

1820 Latham Drive
Frederick, MD 21701
301-663-8800

Fax: 301-663-8801
aevans@5sqc.com
krhinehart@5sqc.com

www.5starqualitycare.com

CONTACT: Marketing Director
Monday – Friday, 8:30 a.m. – 5:30 p.m.

SERVICES: Assisted living and a secured Alzheimer's area, 24/7 licensed nursing care, delicious homemade meals, and a single story small home-like atmosphere.

ELIGIBILITY: Pre-nursing assessment

COST: Private pay. \$3,800-\$5,600 per month, depending on level of care.

Heartly House, Inc.

P.O. Box 857
Frederick, MD 21705-0857
301-662-8800
Fax: 301-663-4334
www.heartlyhouse.org

CONTACT: Hotline: 301-662-8800
Crisis calls taken 24 hours
Non-crisis requests for services
8 a.m.–10 p.m., 7 days per week

SERVICES: Assists survivors of family/partner violence, sexual assault/sexual abuse, and child abuse by offering crisis intervention, emotional support, individual and group counseling, and medical and legal accompaniment for survivors and their children. Other services include emergency shelter, court accompaniment, community and professional education, 24-hour hotline, and group counseling for abusers.



ELIGIBILITY: Frederick County residents who have been affected by family/partner abuse/violence and/or sexual assault/abuse.

COST: Fees for most services are based on a sliding scale. Crisis services are generally free of charge.

Helping Hands Home Care, Inc.

304 Delaware Road
Frederick, MD 21701
301-662-1618
Fax: 301-695-0017

helpinghands.homecare@comcast.net

CONTACT: Office
Monday-Friday, 9 a.m.-4 p.m.
24-hour on-call service

SERVICES: Personal care, meal preparation, medicine supervision, light housekeeping, laundry, transportation and companionship.

ELIGIBILITY: General public

COST: Rates vary according to the type of service and the number of hours. For more information, call the office.

Frederick County Highway Safety Task Force

5111 Buckeystown Pike
Frederick, MD 21704
301-624-8152
Fax: 301-624-8169

Accepting patients in Baltimore,
Carroll & Frederick Counties



Carroll Home Care can provide a full range of heartfelt, nursing and rehabilitative services in your home including:

- Skilled Nursing
- Home Health Aides
- Nutrition Education
- Medical Social Work
- Infusion Therapy
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Pediatric Care
- Wound Care
- Palliative Care Services



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410-871-8000 ■ 1-888-224-2580
292 Stoner Avenue ■ Westminster, MD 21157

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Carroll & Frederick Counties



Carroll Hospice enables patients to live out the remainder of their days in comfort and dignity, surrounded by loved ones.

- Services provided in home or inpatient setting
- Inpatient facility with private rooms & interfaith chapel
- Expert care team & inpatient respite care
- Palliative care services, including pediatric palliative care
- Social workers
- Pastoral & bereavement support for all ages

An affiliate of Carroll Hospital Center



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Accredited by Community Health Accreditation Program | Medicare Certified

292 Stoner Avenue • Westminster, MD 21157
410-871-8000 • 1-888-224-2580 • www.CarrollHospice.org

hwysafety@xecu.net
www.xecu.net/hwysafety

CONTACT: Program Coordinator
Monday-Friday, 7:30 a.m.-3:30 p.m.

SERVICES: Provides funding for highway safety programs as they relate to mature drivers. Works with State Highway Administration (SHA) to ensure signage, signals, and road markings assist mature drivers. Assists with obtaining educational flyers for distribution to mature drivers.

ELIGIBILITY: Residents of Frederick County

COST: None

HomeCall, Inc., Intake

 301-644-3085 or 800-444-0096
Fax: 800-475-0856
www.homecallinc.com


CONTACT: Central Intake
Monday – Friday, 8:30 a.m.-5:30 p.m.

SERVICES: Services available 24 hours a day/7 days a week. HomeCall is a full service, Medicare certified, JCAHO accredited home health care company. We provide skilled nursing, physical, occupational and speech therapy, medical social work and home health aides.

ELIGIBILITY: Anyone needing home care services.

COST: Medicare, Medicaid, private insurance and private pay.

HomeCall - Frederick

 1446 West Patrick Street, Suite 16
Frederick, MD 21702
240-215-4668 or 1-800-444-0096
Fax: 301-698-8191
tywana.tawney@lhcgroupp.com


CONTACT: Central Intake
24 hours a day, 7 days a week

SERVICES: Homecare, lifeline installation and monitoring and telehealth monitoring. HomeCall is a state-licensed, Medicare-certified and JCAHO accredited home healthcare company. One of the larger home health companies in the mid-Atlantic region offering qualified professional skilled nursing, physical therapy, occupational and speech therapy, dietary consultations and social work services and paraprofessional services to its clients.

ELIGIBILITY: Any age needing home care services who are home-bound.

COST: Medicare, Medicaid, private insurances and private pay.

HomeCare Rehab, LLC

 626 Trail Avenue
Frederick, MD 21701
301-662-1997
Fax: 301-668-2202
info@HomeCareRehab.com
www.HomeCareRehab.com

CONTACT: Office, Monday-Friday, 8:30 a.m.-5 p.m.



SERVICES: Physical, occupational and speech therapy provided in your home or assisted living facility.

ELIGIBILITY: General public

COST: Contact office for rates.

Home Helpers

155 Gibbs Street, Suite 426
Rockville, Maryland 20850
301-309-9954 or 1-888-309-9954
Fax: 301-424-3295
gcheng@encore-ng.com
www.encore-ng.com

CONTACT: Chief Operations Officer
Monday-Sunday, 8 a.m.-6 p.m.
Emergency and after hour calls
received 24 hours a day, 7 days a
week.

SERVICES: Home Helpers provides non-medical home health care assistance to seniors. Our experienced, professional and friendly staff includes homemakers and nursing aides who provide assistance with managing daily activities and personal care services. Our affordable and courteous services are provided in the comfort of your own home or residence.

ELIGIBILITY: General public

COST: Rates vary depending upon services provided.
Please call for a free, no obligation care assessment visit.

Home Instead Senior Care

174 Thomas Johnson Drive, Suite 201
Frederick, MD 21702
301-846-9922
Fax: 301-846-9944
HISCFCC@homeinstead.com
www.homeinstead.com/627

CONTACT: Office staff
24 hours a day, 7 days a week
Services: Our CAREGivers provide non-medical companionship, home-helper and personal care services. Our assistance includes, but is not limited to: bathing, toileting and grooming, respite care, meal preparation, medication reminders, walking support, light housekeeping, errands and incidental transportation. CAREGivers are exceptionally trained and undergo extensive background checks and drug screening for your protection. Bonded and Insured.

ELIGIBILITY: General public

COST: Service from 1 hour to 24/7 care. Rates vary depending upon services provided. Please call for free, no obligation home care assessment.

Homeowners' Property Tax Credit, Tax Credits Office

State Department of Assessments & Taxation
301 West Preston Street, Room 900
Baltimore, MD 21201
1-800-944-7403

CONTACT: Office, Monday-Friday, 7:30 a.m.-4:30 p.m. An application must be filed each year between February 1st and September 1st. Although applicants must file with the State Department of Assessments and Taxation in Baltimore, help with forms is available at the Frederick office, 5310E Spectrum Drive, Monday-Friday, 8 a.m.-5 p.m., telephone 301-815-5350.

SERVICES: This information applies for the prior tax year. Credit is determined by the extent to which the owner's real property tax exceeds a percentage of the gross income of all persons (age 18 or older) residing in the household (renters excepted). A maximum assessed value applies for eligibility.

ELIGIBILITY: Homeowners who reside or expect to reside in the dwelling for more than 6 months of a 12 month period which includes July 1st of the tax year. The person must be the legal owner of the residence and net worth must fall below a certain level. A copy of the prior year's federal income tax return is required for those people filing with IRS. If Social Security and/or Railroad Retirement benefits are received, a copy of form/s SSA-1099, RRB-1099, and/or RRB-1099R is/are also required.

COST: None

Homewood at Crumland Farms

7407 Willow Road
Frederick, MD 21702
301-644-5600 or 1-877-777-7407
TTY: 240-379-7061
Fax: 301-620-1328
www.homewood.com

CONTACT: Admissions Coordinator
Tours by appointment

SERVICES: Not-for-profit retirement community offering residential living in cottages and apartments, assisted living in suites, skilled nursing care and exceptional care for memory support. Four hundred residents live in a campus-like environment offering a pool, gym, convenience store, computer areas, libraries, outdoor recreation, bank, chapel, beauty/barbershop, dining and entertainment.

THE MEADOWS

75 Comprehensive and Skilled Nursing Care Beds. Complete intermediate and skilled level nursing services. Medicare and Medicaid certified. Rehab services include physical, occupational and speech therapies. Long-term, short-term and respite care.

THE WILLOWS

Progressive special care for residents needing memory support. Secure residential and garden areas. Staff trained to promote highest functioning level for each person. Specially designed activities and sensory enhancement programs including resident pets and the area's only Snoezelen room.



ELIGIBILITY: Minimum age 55. Open to all.

COST: Retirement Community: Monthly fee. No entrance fee. Long term care: Daily rate includes room, board, nursing care, housekeeping, laundry, activities, social services and chaplaincy services.

Hood College

401 Rosemont Avenue
Frederick, MD 21701-8575
301-663-3131
admissions@hood.edu
www.hood.edu

SERVICES:

ATHLETIC EVENTS: Hood College competes in field hockey, basketball (fee for men's basketball only), soccer, volleyball, tennis, swimming, golf, cross-country, softball, track and field, and lacrosse. The public is welcome. There is no fee.

CULTURAL EVENTS: Most cultural events are open to the public without charge or for a nominal fee.
301-696-3800

LIBRARY SERVICES: The library is open during college hours. 301-696-3915

RENEWAL, NOT RETIREMENT: A program that offers persons 60 years of age or older the opportunity to take



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college courses at a minimal cost, as audit students only, on a space-available basis and with the instructor's approval. 301-696-3500

SPEAKERS BUREAU: Member of Hood facility and staff are available to speak to civic groups and organizations. 301-696-3800

Hospice of Frederick County, Inc.

516 Trail Avenue, Suite C
P.O. Box 1799
Frederick, MD 21702
240-566-3030
Fax: 240-566-3601
www.hospiceoffrederick.org

CONTACT: Office, Monday-Friday, 8 a.m.-4:30 p.m.
24-hour answering service available for emergency contact.

SERVICES: Hospice of Frederick County is a comprehensive insurance-approved healthcare service specialized in providing comprehensive medical, emotional and spiritual support to terminally ill individuals and their loved ones. Hospice services are provided to patients where they reside, including long term care facilities and at our Kline Hospice House. For the bereaved in our community, we offer a variety of evening support groups, telephone support, one-on-one support and Camp Jamie for children



Trouble Using A Cell Phone?

jitterbug

We have the answer.

The Jitterbug is a hearing aid compatible (M4/T4) cell phone that is easy to use and easy to read. The Jitterbug helps you stay more connected with your friends and family, and feel safe and secure. You could be approved for a **FREE** Jitterbug cell phone from Maryland Relay **if you have hearing and/or vision loss.**

If you qualify, you'll enjoy these exclusive benefits:

- **FREE** Jitterbug Phone, **FREE** Accessories, **FREE** Activation
- **Affordable plans start at just \$14^{99*}**
- 24/7, Live U.S. Based Customer Service

Maryland Relay is a program provided by the State of Maryland. To receive an application call **800-552-7724** (Voice/TTY) or visit www.mdrelay.org.

*Rate plans do not include government taxes or assessment surcharges. Prices and fees are subject to change. Standard usage rates apply while you are calling LiveNurse or calling Jitterbug Operators on your Jitterbug. The Jitterbug phone is created together with worldwide leader Samsung. Jitterbug is a registered trademark of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics America, Inc. and its related entities. Copyright ©2010 GreatCall, Inc.

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for an application.



Created together with
worldwide leader Samsung.





who are grieving. Bereavement services are provided at no charge thanks to the generous donations we receive.

ELIGIBILITY: Anyone residing in Frederick County.

COST: Medicare, Medicaid and most private insurance now provide coverage for hospice services.

Hospice of Frederick County, Inc. Support Groups

516 Trail Avenue, Suite C
P.O. Box 1799
Frederick, MD 21702
240-566-3030
Fax: 240-566-3601

www.hospiceoffrederick.org

CONTACT: Office

SERVICES: Hospice of Frederick County offers a variety of bereavement workshops, support groups and seminars for anyone who has experienced the death of a loved one. Bereavement support is also offered by telephone and one-on-one. A bereavement camp is also offered for grieving children.

ELIGIBILITY: Anyone who has experienced the death of a loved one.

COST: None

Housing Authority of the City of Frederick

Catoctin View & Catoctin Manor Apartments

800 & 798 Motter Avenue
Frederick, Maryland 21701
301-620-8666
Fax: 301-620-2219

CONTACT: Property Manager
Monday-Friday, 8 AM-4:30 PM

SERVICES: Apartments for Senior Citizens

ELIGIBILITY: Individuals 62 years and older with limited income. Contact office for appointment to apply.

COST: 30 percent of adjusted income.

Frederick County Department of Housing and Community Development (DHCD)

520 North Market Street
Frederick, MD 21701
301-600-6091

www.frederickcountymd.gov/housing

CONTACT: Office, Monday-Friday, 8 a.m.-4 p.m.

DHCD provides a diverse mix of affordable housing programs and resources for low to moderate-income renters, homeowners, homebuyers, and organizations that create and preserve affordable housing with an emphasis on serving low to moderate income and special needs populations.

SERVICES:

RENTAL ASSISTANCE PROGRAMS

Housing Choice Voucher Program (Section 8): Individual and Project Based Rent assistance for low income households living in market housing - serve 450+ households. Wait list 500+ currently closed. Bell Court Senior Housing (County Owned Rental Complex)

28 one- bedroom cottage-style 1 level townhomes for very low income seniors

Community center; located in Woodsboro, Maryland

RENTAL ALLOWANCE PROGRAM

Short term rental assistance for poverty level homeless or about to be homeless, Homelessness Prevention and Rapid Rehousing Program.

Short term rental assistance for very low income homeless or about to be homeless, Bridge Subsidy Program. Rent assistance for persons with disabilities.

HOMEBUYER PROGRAMS

Frederick County Homebuyer Assistance Program (suspended) American Dream Initiative Program. Assistance with down payments and closing costs. Moderately Priced Dwelling Unit (MPDU) Program. Provides affordable homeownership opportunities within developments of 25 or more homes, 8 units developed to date, 400+ in pipeline

HOMEOWNER REHABILITATION PROGRAMS

Emergency Rehabilitation Revolving Loan Fund.

STATE REHABILITATION LOAN PROGRAMS

Low cost or deferred loans for homeowners for roofs, plumbing, heating, electrical, code violations, replacement homes, emergency items, lead removal, etc.

DEVELOPER PROGRAMS

Building Fee Deferral Program (suspended)

DEFERRED LOAN PROGRAM

Provides -0-% loans to organizations as gap funding to create affordable housing. Payment in Lieu of Taxes (PILOT) Tipping Fee Waiver Program (suspended)

OTHER PROGRAMS AND SERVICES

Livability Code for Renters
Complaint based code for renters living in units not up to code or with unsafe conditions

SERVICE LINKED HOUSING PROGRAM

Links homeless or about to be homeless with services through housing counselors

EMERGENCY SHELTER GRANT

Provides operating funds for emergency shelters

RESOURCE AND REFERRAL CENTER

DHCD maintains up to date information on assisted and market rate rental housing and housing related services. Assistance is given regardless of age, race, or sex.

ELIGIBILITY: Any low-income person

A close-up portrait of an elderly man, General Dan, with a thoughtful expression. He has white hair and is wearing a blue collared shirt. The background is dark and out of focus.

With each new subject he learns,

**General Dan teaches
us a lesson on life.**

As a teenager, Dan lied his way into the Army and 36 years later retired as a Brigadier General. He'd learned a lot, taught others all about it, and now he wants to learn more.

Since coming to Country Meadows, Dan has begun studying art and comparative religion, volunteers for just about everything, and is generally keeping us whipped into shape around the campus. There seems to be no end to his passion for new knowledge. And with every new subject that General Dan learns, he's teaching us a lesson about life.

At Country Meadows, we have independent living, assisted living and specialized care options to fit the individual needs of most seniors. Like General Dan, every one of our residents is unique. So for many of them, having more choices about how they live makes a world of difference.

Call us today or visit our web site for more information.



Life gets better.®



COUNTRY MEADOWS
RETIREMENT COMMUNITIES

www.countrymeadows.com

5955 Quinn Orchard Road | Frederick, MD 21704 | 301.228.2249

Independent Living | Assisted Living | Memory Support | Restorative Care



Country Meadows does not discriminate in resident admission on the basis of race, ancestry, religious creed, age, sex, handicap, disability or national origin, provided the resident, in the sole opinion of Country Meadows, can be cared for legally and responsibly.

or family is potentially eligible for assistance as well as people with special needs.

Human Relations Department, (Discrimination in Housing, Employment, Public Accommodations)

520 North Market Street
Frederick, MD 21701
301-600-1109
Fax: 301-600-2085
dsmith5@frederickcountymd.gov
www.frederickcountymd.gov

CONTACT: Director
Monday-Friday, 8 a.m.-4 p.m.
Other hours by appointment

SERVICES: The Human Relations Department will investigate alleged discrimination complaints in the areas of housing, employment, and public accommodations based on source of income, familial status (housing only), age, race, sex (gender only), religion, marital status, national origin, physical or mental handicap. Information in all areas of discrimination and equal opportunity compliance. Public speaking and technical assistance to promote voluntary compliance and positive inter-group relations are provided.

ELIGIBILITY: Persons working or living in Frederick County who believe that they have been discriminated against in areas of housing, public accommo-

dation, or employment. Exemptions and a statute of limitations apply. Individuals requiring special accommodations should contact the Human Relations Department at 301-600-1109.

COST: None

Interfaith Housing Alliance, Inc.

731 North Market Street
Frederick, MD 21701
301-662-4225 ext. 1303
Fax: 301-662-6477
info@interfaithhousing.org
www.interfaithhousing.org

CONTACT: Property Manager
Monday-Friday, 8 a.m.- 4 p.m.

SERVICES: Providing one-bedroom apartments to low and moderate income senior families.

WEINBERG HOUSE: 23 fully accessible apartment units in Frederick for persons 55 years old and disabled or 62 years or older with no disability. IHA Property Management: 301-662-4225 ext. 1304

ELIGIBILITY: Low-income households. Some housing programs require tenants to be 55 years old and disabled or 62 years or older with no disability.

COST: Varies. Call office for more information.



U.S. Treasury Department Internal Revenue Service, (Federal Income Tax)

201 Thomas Johnson Drive, Suite
203
Frederick, MD 21702
301-695-7615
Information: 1-800-829-1040
Forms Only: 1-800-829-3676
www.irs.gov

CONTACT: Taxpayers seeking assistance, tax forms, or information about federal taxes should first call the Internal Revenue Service (IRS) on the toll-free numbers listed above for the fastest, most convenient service. Tax forms, tax payments, account inquiries, basic tax law assistance, alien clearances, copies of tax returns and transcripts, and basic income tax return preparation are available Monday-Friday from 8:30 a.m.-4:30 p.m. Closed for lunch from 1 p.m.-2 p.m. Forms are only available from 8:30 a.m. -4:30 p.m. Free parking is available.

SERVICES: The IRS suggests that older taxpayers obtain a copy of the free publication #554 "Tax Benefits for Older Americans." This publication contains helpful information on the various tax benefits the law provides for the elderly. The publication may be obtained by calling 1-800-829-1040 and it will be sent at no cost.

ELIGIBILITY: The public. Tax preparation for persons with a total income of \$33,000 or less. Call for details.

COST: None

Legal Aid Bureau, Inc.

22 South Market Street, Suite 11
Frederick, MD 21701
301-694-7414 or 1-800-679-8813
Fax: 301-698-2636
midwestern@mdlab.org
www.mdlab.org

CONTACT: Intake by phone or in person, Monday-Friday, 9 a.m.-12 Noon

SERVICES: Provides free legal representation to qualifying low-income or elderly persons in non-criminal cases only, e.g., housing and landlord/tenant disputes, denials and terminations, public benefits, family law, consumer protection and employment. Referrals for POA, advanced directives, wills and deed changes.

ELIGIBILITY: Please call for eligibility requirements.

COST: None

Libertytown UMC Outreach Fellowship


12026 Main Street
P.O. Box 337
Libertytown, MD 21762
301-898-7305
jerrymarkc@adelphia.net

CONTACT: Pastor
Reservations must be made by Friday.
Services: Every Monday, 10:30 a.m. games, 11:30 a.m. meal, 12:05 p.m. program. Activities, lunch, information, fellowship and games.

ELIGIBILITY: Open to everyone, must call for reservation by Friday.

COST: \$3.00 per meal

Frederick County Public Libraries

 110 East Patrick Street
Frederick, MD 21701
301-600-1613
www.fcpl.org

Locations:

C. BURR ARTZ PUBLIC LIBRARY

110 East Patrick Street
Frederick, MD 21701
301-600-1630

BRUNSWICK PUBLIC LIBRARY

(temporary location): 70 Souder Road
Brunswick, MD 21716
301-834-9065

EDWARD F. FRY MEMORIAL LIBRARY AT POINT OF ROCKS

1635 Ballenger Creek Pike
Point of Rocks, MD 21777
301-874-4560

EMMITSBURG PUBLIC LIBRARY

300 South Seton Avenue
Emmitsburg, MD 21727
301-600-6329

MIDDLETOWN PUBLIC LIBRARY

101 Prospect Street
Middletown, MD 21769
301-371-7560

THURMONT PUBLIC LIBRARY

76 East Moser Road
Thurmont, MD 21788
301-600-7200

URBANA REGIONAL LIBRARY

9020 Amelung Street
Frederick, MD 21704
301-600-7000

WALKERSVILLE PUBLIC LIBRARY

57 West Frederick Street
Walkersville, MD 21793
301-845-8880


SERVICES: Books, magazines, newspapers, music and books on CD, DVD's and videos. Large print books and books by mail are also part of the services available, as well as free programs for all ages.

You can find out about tax laws, get current business and health information, receive recommendations for your favorite type of reading, join a book club and attend a workshop or computer class. There are up-to-date, high quality databases that provide information from journals, magazines, newspapers and an on-line encyclopedia.

ELIGIBILITY: Any interested person. You need to have a library card to borrow any materials. To obtain one you will need to bring with you proof of residence, such as a bill or letter addressed to your home or driver's license.

COST: None

Live Your Life Again Mobility Products

 4836 Broad Run Road
Jefferson, MD 21755
301-371-8715
Al_taka@yahoo.com

FREDERICK COMMUNITY ACTION AGENCY

Help for People Who Can't Afford Their Prescription Medication



The **Medbank Program** helps low- to moderate-income, uninsured, or underinsured people obtain the prescription medications they need, but can't afford.

The **Medbank Program** works by helping people to obtain free or low-cost prescription medications offered through patient assistance programs operated by pharmaceutical manufacturing companies. The prescription must be for a medical or psychiatric condition that requires at least several months worth of medication. The **Medbank Program** in Frederick County is operated by the Frederick Community Action Agency.

To be eligible for the **Medbank Program**, Frederick County residents must:

- Meet the financial guidelines set up by the pharmaceutical companies
- Have no other prescriptions drug coverage
- Be found ineligible for other programs such as Medical Assistance, Primary Adult Care or Medicare Part D
- Need medications to treat longer-term conditions

For more information contact:

Medbank Program
100 South Market Street
Frederick, Maryland 21701

301-600-3972




CONTACT: Management, 10 a.m.-8 p.m.

SERVICES: Sales and service of Pride powered chairs and Jazzy scooters. Pickup, delivery and estimates within 20 miles. Sale of portable ramps, hitch lifts, manual wheelchairs, walkers, crutches and many accessories. Pride orthopedic cushions available.

ELIGIBILITY: General public

COST: Call for estimate; private pay sources only.

Lorien Mt. Airy

 713 Midway Avenue
Mt. Airy, MD 21771

• Assisted Living, Carroll County

301-829-6050 ext 112

Fax: 301-829-0078

pwilhelm@lorienhealth.com

www.lorienhealth.com/mtairy

CONTACT: Director of Marketing
Please call for appointment.

SERVICES: Lorien's customized support service programs provide the complete range of assisted living services from simple support to extended care with the availability of nursing staff 24 hours a day. Private apartments with private bath and kitchenette are personalized with the resident's favorite furnishings. Restaurant-style dining, exercise programs, social and spiritual

opportunities, housekeeping, wellness assessments, transportation, visiting professionals, ice cream parlor, and a library with computer center, are just some of amenities that make Lorien the next best place to be when home is no longer an option.

ELIGIBILITY: Contact Director of Marketing for more information or to schedule a tour.

COST: Private Pay. Daily rate varies, depending on level of service.

• Nursing and Rehabilitation Center, Carroll County

301-829-6050 ext. 127

Fax: 301-829-0078

dnoyes@lorienhealth.com

www.lorienhealth.com/mtairy

CONTACT: Director of Admissions

SERVICES: Lorien's 62-bed nursing community offers exceptional assistance to individuals needing long-term care, skilled nursing and sub-acute care. Highly skilled staff in the 22-bed sub-acute unit support individuals who require ventilator care, tracheostomy care, IV therapy and rehabilitation services including respiratory therapy, physical therapy, occupational therapy and speech therapy. Residents in the 40-bed long term care unit receive compassionate and capable assistance with activities of daily living in a friendly caring atmosphere, where dignity and independence are valued and



encouraged.

ELIGIBILITY: Contact Director of Admissions.

COST: Private pay, Medicare, Medicaid and most insurances.

Maryland Accessible Telecommunications (MAT)/Maryland Relay

301 West Preston Street, Suite 1008A
Baltimore, MD 21201
1-800-552-7724 (TTY/Voice)
Fax: 410-767-4276
moreinfo@mdrelay.org
www.mdrelay.org

CONTACT: Customer Service
Monday-Friday, 8:30 a.m.-5 p.m.

SERVICES: Maryland Accessible Telecommunications distributes free amplified phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.
Maryland Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone.

ELIGIBILITY: Maryland resident on SSI, SSDI, TDAP, TCA, or as a "hardship case" reviewed on an individual basis.

COST: None

Maryland Identification Card Motor Vehicle Administration Frederick Branch Office

1601 Bowman's Farm Road
Frederick, MD 21701
1-800-950-1682

CONTACT: Office, Monday-Friday, 8:30 a.m.-4:30 p.m., Saturday, 8:30 a.m.-12 Noon

SERVICES: Identification card with photo that provides identification necessary for check cashing, etc.

ELIGIBILITY: Any Maryland resident that does not possess a valid driver's license. Must apply in person and present an original or certified birth certificate, some type of I.D. with signature and two proofs of residence. Same requirements as the original for a duplicate Maryland Identification Card.

COST: Free to those 65 years or older, or blind, or who have lost the use of a leg or arm, or are permanently disabled so severely that crutches or a wheelchair are required. For all others there is a nominal charge.

State of Maryland Comptroller of Maryland Revenue Administration Division, (Maryland Income Tax) Frederick

County Courthouse/Multi-Service Center

100 West Patrick Street, Room 2110
Frederick, MD 21701
301-600-1982

CONTACT: Office, Monday-Friday, 8 a.m.-5 p.m.

SERVICES: Tax benefits are given to individuals 65 years or over as detailed in the Maryland Income Tax booklet. Brochure: A Maryland Tax Tip, Senior Citizens and Maryland Income Taxes is available at no cost. Call the branch office for answers to specific questions or visit the office for free information and/or help in filing your return. Please bring a completed copy of your federal return if you need assistance with your Maryland return.

ELIGIBILITY: General public

COST: None

Maryland Relay

301 West Preston Street, Suite 1008-A
Baltimore, MD 21201
Customer Service: 1-800-552-7724 (TTY/Voice)
Fax: 410-767-4276
moreinfo@mdrelay.org
www.mdrelay.org

CONTACT: Customer Service
8:30 a.m.-5 p.m.

SERVICE: Maryland Relay is a free

service of the state that allows persons with hearing or speech loss to stay independent on the telephone.

Maryland Accessible Telecommunications (MAT) distributes free TTYs, amplified handsets and other assistive devices to qualified applicants who have difficulty using a standard telephone.

ELIGIBILITY: Maryland Relay is a free public service. To qualify for the MAT program, applicants must currently be receiving SSI (Supplemental Security Income), SSDI (Social Security Disability Income), TDAP (Temporary Disability Assistance Program) or TCA (Temporary Cash Assistance), and may be deaf, hard of hearing, Deaf, Blind, speech or mobility disabled.

COST: None

Maryland Volunteer Lawyers Service

1 North Charles Street, Suite 222
Baltimore, MD 21201
1-800-510-0050 or 410-547-6537
info@mvslaw.org
www.mvslaw.org

CONTACT: Telephone intake only
Call Monday-Thursday, 9 a.m.-1 p.m.

SERVICES: MVLS matches low-income individuals with volunteer lawyers for legal assistance in civil legal matters, including landlord/tenant and housing problems, consumer rights, bankruptcy, tax problems, divorce and custody, deed transfers, guardianship, power of



attorney and wills.

ELIGIBILITY: Income lower than 50% of Maryland median income.

COST: None; free to eligible clients.

Maxim Healthcare Services

188 Thomas Johnson Drive, Suite 102
Frederick, MD 21702
301-631-2255 or 1-866-466-2982
frederickoffice@maxhealth.com
www.maxhealth.com

CONTACT: Office, 24 hours a day, 7 days a week

SERVICES: Private duty nursing to assist seniors, adults and children with routine to complex medical needs. Including, but not limited to: personal care, assisting with mobility, preparing meals and feeding, escorting to appointments, medication management and all areas of skilled nursing.

ELIGIBILITY: General public

COST: Rates vary according to type of service and payer source.

Medi Home Care

10999 Red Run Boulevard, Suite 100
Owings Mills, Maryland 21117
410-356-1516
bperry@msa-corp.com
www.medicalservicesofamerica.com

CONTACT: Customer Service
Monday – Friday, 8:30 a.m. – 4:30 p.m.
with 24 hour emergency services

SERVICES: Home medical equipment including:

- Oxygen
- CPAP/BiPAP
- Nebulizers & Respiratory medications
- Enteral nutrition
- Diabetic meters, supplies, shoes
- Hospital beds & support surfaces
- Manual & power wheelchairs
- HELP Emergency Response System
- Mobility aids

ELIGIBILITY: Individuals requiring medical equipment for home use

COST: Participating provider with Medicare, Medicaid, TRICARE, CareFirst and other private insurances.

Medical Transport Express

23322 Rainbow Arch Drive
Clarksburg, MD 20871
301-540-8444
Fax: 707-222-3649
doc@medicaltransportandnursing.com
www.medicaltransportandnursing.com

CONTACT: Director

SERVICES: Quality and economical van transportation. Wheelchair, Geriatric chair and stretcher van transportation available. All transportation services available including out of state transportation.

ELIGIBILITY: General public

COST: Varies according to service provided; contact office.

Toll-Free Medicare Part A Line Blue Cross/Blue Shield of Maryland

 Toll-free: 1-800-633-4227
1-800-MEDICARE

CONTACT: Customer Service
Monday-Friday, 9 a.m.-4 p.m.

SERVICES: Provides answers to questions about Medicare Part A regarding inpatient hospitalization, outpatient hospitalization, skilled nursing care facilities, limited home health care, limited hospice care and the deductible per benefit period. Be sure to have your complete Medicare number, as indicated on your red, white and blue Medicare card available when you call.

ELIGIBILITY: General public

COST: None

Toll-Free Medicare Part B Line TrailBlazer Health Enterprises, LLC

 Toll-free: 1-800-633-4227
1-800-MEDICARE


CONTACT: Customer Service
Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: Immediate answers to questions about benefits for hospital and doctors' services, procedures for filing claims, the annual deductible on Medicare Insurance and other Medicare Part B information. The provider of the services must file all claims. Be sure to have your complete Medicare number as indicated on your red, white and blue Medicare card available when you call.

ELIGIBILITY: Eligible recipients

COST: None

MedStaffers, LLC

 19 Brookwood Ave., Suite 103
Carlisle, PA 17015
866-695-8233
Fax: 866-592-3885
sunny@medstaffers.net
www.medstaffers.net

CONTACT: Regional Manager
Monday – Friday, 8 a.m. – 4 p.m.

SERVICES: Home health care services, including personal care, meal prep, light house keeping, laundry, run errands, etc., for seniors and disabled persons, so you can remain in their home.

ELIGIBILITY: Currently accepting private insurance and private pay clientele.



COST: Varies based on insurance/private pay.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

263 West Patrick Street
Frederick, MD 21701
301-663-0011
Fax: 301-695-4747
www.fcmha.org

CONTACT: Director, Marketing and Development
Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: Phone listening support, information and referral for citizens of all ages.

FREDERICK COUNTY HOTLINE: crisis intervention/ suicide prevention and information/referral services for human resource services including mental health professionals and related services in the area.

TELEPHONE REASSURANCE

PROGRAM: is a telephone service for the elderly who are homebound, living alone or lonely.

PREVENTION PROGRAMS: provide information about physical and sexual abuse and how to recognize and report abuse, supervised visitation/monitored transfer and court appointed special advocates.

CHILD CARE CHOICES: resource that assists parents looking for registered childcare professionals with training and technical support: 301-662-4549.

ELIGIBILITY: The general public of all ages.

COST: Some services free, hotline free, other fees vary. Donations are welcome. All dues and donations are tax deductible.

• Counseling Services

301-663-6135
Fax: 301-663-5738
mha@fcmha.org
www.fcmha.org

CONTACT: Office ext. 131
Monday-Thursday, 9 a.m.- 6 p.m.
Friday, 9 a.m.- 4 p.m. by appointment

SERVICES: Professional outpatient therapy for individuals, couples, children and adolescents, families and groups.

ELIGIBILITY: Referrals may come from any source, including self-referral. Not limited to Frederick County residents.

COST: Sliding scale, Medical Assistance. No private insurance.

• Frederick County Hotline

211 or 301-662-2255
Fax: 301-695-4747
www.fcmha.org

CONTACT: Call Specialist
24 hours a day, 7 days a week

SERVICES: 24 hours a day, 365 days a year. Crisis Intervention/Suicide Prevention, and information/referral services including mental health pro-

professionals and related services in this area.

ELIGIBILITY: General public

COST: None

Mental Health Management Agency of Frederick County, Inc.

22 South Market Street, Suite 8
Frederick, MD 21701
301-682-6017
Fax: 301-682-6019
rap@mhma.net
www.mhma.net

CONTACT: Director of Mental Health Programs, Monday-Friday, 9 a.m.-1 p.m.

SERVICES: Provide information and referral to persons needing mental health services. Work on public awareness and stigma reduction regarding mental illness. Assess Frederick County's mental health service needs and address those needs through expansion of existing services and development of new services. Monitor and evaluate currently funded programs. Assist in resolution of complaints, grievances and appeals relating to the provision of mental health services.

ELIGIBILITY: Persons who are in need of mental health services who have Medicaid, Medicare or who are uninsured.

COST: None

Middletown Valley People Helping People (MVPHP)

31 West Main Street
P.O. Box 477
Middletown, MD 21769
301-371-3119

CONTACT: The office

SERVICES: Senior luncheons held monthly and includes speakers and other informational opportunities. Valley Young At Heart exercise classes are also offered.

ELIGIBILITY: Residents of the Middletown Valley area.

COST: Luncheon-\$5.00 per person
Exercise-\$1.00 per class
Fees can change based on expenses.

Midwestern Region Traffic Safety Coalition

290 South Center Street
Westminster, Maryland 21158
410-876-4819
Fax: 410-876-4441
ssolo@dhhm.state.md.us
<http://www.carrollhealthdepartment.dhmd.gov/>

CONTACT: Community Traffic Safety Program Coordinator, Monday – Friday, 8pm – 5pm

SERVICES: This coalition provides funding for highway safety programs through AARP, AAA and additional State highway Administration con-



tacts as programs relate to mature drivers. Coalition collaborates with State Highway Administration to ensure signage, signals and road markings assist mature drivers. Educational flyers and driver safety presentations can also be obtained from this group.

ELIGIBILITY: Residents of Frederick and Carroll County.

COST: None

Mission of Mercy

22 South Market Street
Frederick, MD 21701
301-682-5683 (Administration only)
Fax: 301-682-3499

jwhite@amissionofmercy.org
www.amissionofmercy.org

CONTACT: Office manager

SERVICES: The Mission of Mercy has been providing free healthcare, dental care and prescription medications via a mobile medical clinic and volunteer healthcare professionals since 1994.

FREDERICK COUNTY LOCATIONS AND SERVICES:

BRUNSWICK

Faith Baptist Church
2212 Jefferson Pike
Knoxville, MD 21758
301-631-2670 ext. 110 (appointment # only), Served twice monthly on Tuesdays. Medical and dental services available.

FREDERICK

Frederick Church of the Brethren
201 Fairview Avenue
Frederick, MD 21701
301-631-2670 ext. 110 (appointment # only), Served twice monthly on Mondays. Medical, dental, physical therapy and prenatal services available.

MOUNT AIRY

Calvary United Methodist Church
403 South Main Street
Mount Airy, MD 21771
301-829-0358 ext. 202 (appointment # only), Served once monthly on Mondays. Medical, dental and physical therapy services available.

THURMONT


Our Lady of Mount Carmel Catholic Church, Parish Hall
103 North Church Street
Thurmont, MD 21778
301-631-2670 ext. 110 (appointment # only), Served twice monthly on Thursdays p.m. Medical services available. No dental services.

New patients are seen as walk-in only on a first-come, first-serve basis. Call office for more information; visit website for schedule.

ELIGIBILITY: Uninsured

COST: Free

Money Management International

 1003 West 7th Street, Suite 404
Frederick, MD 21701
301-695-0369
www.cccswdc.org


CONTACT: The office, Monday-Friday
Call to schedule an appointment.
Evening appointments are telephone
appointments only.

SERVICES: This free non-profit service helps people learn to live within a realistic budget and pay off their bills. By working with creditors, this service helps people get out of debt. Also offered are professional money management advice, a debt consolidation plan, and a viable alternative to personal bankruptcy. All contacts are strictly confidential.

ELIGIBILITY: General public

COST: None

Montevue Home

 355 Montevue Lane
Frederick, MD 21702
301-600-1582
Fax: 301-600-2821
dgrove@frederickcountymd.gov

CONTACT: Administrator or
Administrative Aide Monday-Friday, 8
a.m.-4:30 p.m.


SERVICES: Montevue is a 60 bed assisted living facility that can provide up to

Level 3 care. All rooms are private with shared bathrooms and are furnished with a twin size bed, chair, nightstand, and chest of drawers. Assistance with activities of daily living (bathing, dressing, grooming, ambulating, etc.) is given on a daily basis by trained staff. Medications are dispensed to the residents. Three meals and a snack are provided daily. Beauty/barber shop services and activities are offered on-site.

ELIGIBILITY: Preference is given to Frederick County residents. Applicants must meet the monthly income and asset requirements as well as physical requirements. Applicants must be 60 years of age or older.

COST: A monthly room and board fee is determined by a sliding scale based on the applicant's monthly income, assets, and prescription costs. There is a private pay rate, which is determined by the Board of Trustees and may be changed after giving the residents a 45-day notice. The residents pay for prescription co-pays, over-the-counter drugs, personal items, and hair care out of their monthly allowance.

Mount Saint Mary's University

 16300 Old Emmitsburg Road
Emmitsburg, MD 21727
Public Relations: 301-447-5366
www.msmmary.edu

CONTACT: Office, Monday-Friday, 9
a.m.-5 p.m.



SERVICES: Knott Athletic Recreation Convocation Complex: offers a swimming pool, handball/racquetball courts, basketball/tennis courts, a jogging track, weight training and aerobics rooms, a sauna and locker rooms. An arthritis fitness and water aerobics program is available several times per week. For more information, contact Recreation Services at 301-447-5290.

Adult Degree Completion Program: provides some academic credit for life experiences and leads to a bachelor's degree in general studies. For more information and fee schedule, call the Registrar's Office at 301-447-5215.

Hugh J. Phillips Library: For more information, call 301-447-5244.

Community Activities: plays, concerts, recitals, lectures, symposia, etc. are available to the general public. For additional information, contact the Public Relations Office at 301-447-5366.

COST: Recreation: Special senior citizen annual recreation membership rates are available. Call for details. Community Activities: Some programs have fees.

Mount Saint Mary's University Division of Continuing Studies

5350 Spectrum Drive
Frederick, MD 21703
301-682-8315
Fax: 301-682-5247
www.msmary.edu

CONTACT: Director of Marketing
Evening classes & weekends

SERVICES: In addition to activities listed on the main Mount campus in Emmitsburg, branch sites in Frederick, Hagerstown and Westminster offer BS degree completion programs in Business, Criminal Justice and Elementary Education and Masters degrees in Business and Education.

ELIGIBILITY: Open to adults of all ages who meet Mount admission requirements.

COST: Fees are posted on the website and vary for different programs.

N

National Active & Retired Federal Employees Association (NARFE), Local Chapter 409, Inc.

4910 Hawker Road
Frederick, MD 21703-7440
301-874-8409 (also fax number)
chickadee42@wildblue.net

CONTACT: Chapter Secretary

Meeting: Luncheon meeting is held 3rd Friday each month September through June at Elks Lodge located at 289 Willowdale Drive, Frederick. Social hour 11 a.m.; Lunch 12 noon; Meeting 1 p.m.

SERVICES: Active monitoring and



reporting on federal and state legislation affecting retired and current Federal and District of Columbia civilian employees. Advocates to the U.S. Congress and state legislatures for protecting earned retirement benefits. Provides information and assistance regarding health insurance and other benefits through direct contact and through national magazine and chapter newsletter. A monthly Chapter 409 luncheon is held September through June. Provides income tax assistance to low income tax payers (VITA).

ELIGIBILITY: Civil Service and District of Columbia annuitants, Federal or D.C. employees in the retirement system, former employees eligible for deferred annuity, plus spouses of current or retired employees and survivors of those eligible to join NARFE.

COST: Combined National and chapter membership dues are paid annually to NARFE National Headquarters. Life Memberships are also available.

National Multiple Sclerosis Society

11403 Cronhill Drive, Suite E
Owings Mills, MD 21117
1-800-FIGHTMS or 443-641-1200
info@nmss-md.org
www.nmss-md.org

CONTACT: Office
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: Information and referral,

literature and educational programs, loan closet of durable medical equipment (DME), financial assistance for purchase of DME, limited financial assistance for transportation to medical appointments, eviction prevention, and utilities shut-off notices.

ELIGIBILITY: Any person with multiple sclerosis; for more specific criteria, please call.

COST: None

Northampton Manor Healthcare Center

200 East 16th Street
Frederick, MD 21701
301-662-8700
Fax: 301-662-4045
www.northamptonmanor.org

CONTACT: Admissions Office
Monday-Saturday, 8 a.m.-8 p.m.

SERVICES: Skilled nursing and rehabilitation, comprehensive care, assisted living care and respite services.

ELIGIBILITY: Admission is dependent upon the individual medical evaluation of each person in order to provide the highest quality of life for all residents.

COST: Schedule of fees available upon request. Northampton Manor accepts Medicare, Medicaid, private insurance and VA payment.



Options for Senior America Corp.

1309 Orchard Way, 3rd Floor
Frederick, MD 21703
301-624-5630
Fax: 301-583-5176
Frederick@optionscorp.com
www.optionscorp.com

CONTACT: Branch Manager
Office: Monday-Friday, 8:30 a.m.-5 p.m. Service: 24 hours a day, 7 days a week

SERVICES: Home care services for senior adults in their own homes. Services include assistance with personal care, bathing, dressing, toileting, meal preparation, medication reminders, light housekeeping and companionship. Have staff that can provide companionship to skilled RN nursing. Skilled care licensed RNs and LPNs on staff.

ELIGIBILITY: General public

COST: Varies according to services requested and the number of hours needed. Long-term Care Insurance and Veterans benefits accepted as well as private pay and credit cards.

P

Para-Med Medical Transportation, Inc.

23230 Ridge Road
Germantown, MD 20876
301-253-0030 or 1-800-572-0005
Fax: 301-253-5806

jafaromid@paramedusa.com
www.paramedusa.com

CONTACT: President
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: Non-emergency transportation of patients, seniors, wheelchair-bound or ambulatory by certified medical transportation technicians. Serving area rehab centers, retirement homes, hospitals, dialysis centers, daycare facilities, airports and special occasions at affordable prices.

ELIGIBILITY: General public

COST: Please call for rates. Some trips to medical appointments covered by Medicaid. Some insurances may have partial coverage for medical appointments only.

Partners in Care

1440 Taney Avenue
Frederick, MD 21702
301-600-6008
pic@frederickcountymd.gov
www.partnersincare.org

CONTACT: Program Coordinator
Monday-Friday, 9 a.m.-4 p.m.
5 business days advance notice for scheduling.

SERVICES:

- Transportation to appointments
- Run errands
- Grocery shopping
- Odd jobs around the house
- Friendly visitors



ELIGIBILITY: Seniors age 50 and older in Frederick County who need occasional nonmedical assistance in order to remain independent in their homes.

COST: Donations greatly appreciated.

Rebuilding Together of Frederick County

P.O. Box 1822
Frederick, MD 21702
301-620-8620

CONTACT: Board President
24-hour voice mailbox; calls will be returned.

SERVICES: Repairs houses of low-income homeowners, particularly elderly and disabled, so that they can live in warmth, safety and independence. Home repairs are completed the last Saturday in April each year.

ELIGIBILITY: Application gives priority to low income, elderly, persons with disabilities, as well as the repair needs of each home. Applications can be obtained by calling the above number or at the Frederick County Department of Aging.

COST: None

The Record Street Home for the Aged

115 Record Street
Frederick, MD 21701
301-663-6822
Fax: 301-663-5186
Kquirk.RSH@adelphia.net

CONTACT: Admissions Chairman
Monday-Friday, 9 a.m.-5 p.m.

SERVICES: Centrally located in historic Frederick within close walking distance to downtown activities. This serene gracious community of 24 rooms, includes private rooms, family style meals and 24/7 nursing care with a short-stay infirmary. Planned activities encourage a sense of well-being and enjoyment of life for all residents.

ELIGIBILITY: Individuals who are 65 years of age or older in stable health, ambulatory, and meet physical requirements.

COST: Contact Admissions Chairman for details.

Register of Wills (State of Maryland)

Frederick County Courthouse
100 West Patrick Street
Frederick, MD 21701
301-600-6565
Fax: 301-600-6580
www.registers.maryland.gov

CONTACT: Register of Wills
Services: Wills of living persons may be filed for safekeeping (\$5). Wills of deceased persons must be filed with the Register. An estate must be




opened for every person who dies with or without a Will while owning real and/or personal property in his or her name alone. Provides assistance to persons administering estates; helps and advises about preparing forms for probate; oversees the administration of a decedent's estate. Register will speak to groups at no charge.

ELIGIBILITY: Open to all. Genealogists are welcome.

COST: None, except fees for estates, which are determined by Maryland law.

Reliance Home Care

 12615 Blue Sky Drive
Clarksburg, MD 20871
301-789-2525
Fax: 301-789-1705
info@reliancehomecare.com
www.reliancehomecare.com


CONTACT: Office, 24 hours a day, 7 days a week

SERVICES: Provide companions, home health aides, certified nursing assistants and nurses. Our services include free assessment of needs, personal care, bathing, toileting, dressing, transferring, medication management, transportation, light housekeeping, meal preparation, laundry, errands and shopping. We are fully licensed, bonded and insured, our caregivers are screened and fully trained with references.

ELIGIBILITY: General public

COST: Varies according to service requested and number of hours needed.

The Religious Coalition for Emergency Human Needs

 27 DeGrange Street
Frederick, MD 21701
301-631-2670
Fax: 301-631-2671

CONTACT: Director, Monday-Friday, 10 a.m.-2 p.m., Tuesday, 10 a.m.-4 p.m.

SERVICES: Emergency food, prescription assistance, clothing, security deposit assistance, energy assistance (administered through the Department of Social Services), and information and referral services. Emergency shelter for homeless adults age 18 years of age or above at the Alan P. Linton Shelter at 27 DeGrange Street. The cold weather shelter is open from November-March each year and has a capacity of 60 beds per night. The Exodus Project will run from April-October and provide emergency shelter to eligible homeless persons seeking to move out of homelessness. Bed capacity will be 10 beds per night.

ELIGIBILITY: Emergency, short-term need. There are income requirements for food, prescription, and housing assistance.

COST: None



Revitalize your life . . .

Are you a caregiver providing care for a loved one? Allow Daybreak to offer you a much needed break.

Are you a senior spending time alone? Stop by for a visit and see how much fun a day can be when shared with others.

Call us or visit our website to learn more about our three separate programs.

- Senior Center Plus : Active Seniors
- Medical Day Center: Seniors benefiting from assistance
- Young at Heart: Seniors with moderate to advanced Alzheimer's/dementia

Transportation ~ Meals ~ Daily Exercise ~ Activities
Beauty Shop ~ Personal care assistance as needed

Financial assistance available.

www.daybreakadulthoodservices.org
7819 Rocky Springs Road
Frederick, MD 21702
301-696-0808



"A Tradition of Caring"

Renters' Property Tax Credit, Tax Credits Office State Department of Assessments & Taxation

301 West Preston Street, Room 900
Baltimore, MD 21201
1-800-944-7403

CONTACT: The office, Monday-Friday, 7:30 a.m.-4:30 p.m. An application must be filed each year between February 1st and September 1st . Although applicants must file with the State Department of Assessments and Taxation in Baltimore, help with forms is available at the Frederick office, 5310E Spectrum Drive, Monday-Friday, 8 a.m.-5 p.m., telephone 301-815-5350.

SERVICES: The State of Maryland provides a direct check payment to renters age 60 and over or those 100% disabled as of December 31st of the prior year who qualify on the basis of gross household income.


ELIGIBILITY: Renters who have reached age 60 on or before December 31st of last year or who are 100% disabled. The rented dwelling may be in any type of apartment building, a co-op or condominium, an individual house, a duplex, or a house trailer or trailer pad. The dwelling must be the principal residence of the applicant for at least six months during the calendar year for which applying. The applicant must have a bona fide leasehold interest in the property and be legally responsible to pay the



rent. Any first-time applicant or prior applicant living at a new address will need to send a copy of the lease, rental agreement, or proof of rent paid.

COST: None

Frederick County Retired School Personnel Association

 12424 Creagerstown Road
Thurmont, MD 21788-2218
301-898-9033
www.mrspa.org


CONTACT: President

SERVICES: Information on legislative, educational and protective issues available. Community service projects and social events planned regularly.

ELIGIBILITY: Retired teachers living in Frederick County, retired Frederick County teachers living elsewhere and all other retired employees of the Frederick County Board of Education receiving pensions from the Maryland Teachers Retirement and Pension system. Retired teachers from other states who live in Frederick County may become associate members of the local group.

COST: There are fees for membership at the local, state and national levels.

ResponseLink of Washington DC and Frederick County

 4 Supreme Court
Gaithersburg, MD 20878
1-800-556-3572
Fax: 301-216-2122
nelsonleroy@responselink.com
www.responselink.com


CONTACT: Office
Monday-Saturday, 8 a.m.–6 p.m.

SERVICES: ResponseLink provides an emergency response and wellness assurance system that is worn as a neck or wrist pendant. Highly trained operators respond to calls within 20 seconds of the button being pushed and are ready to dispatch assistance or call a loved one. Daily wellness checks, medication reminders and special triggering devices for the disabled are offered.

ELIGIBILITY: General public

COST: Cost depends on level of service; call for rates.

Right At Home

 1890 North Market Street, Suite 300
Frederick, MD 21701
301-696-1122
info@rahmd.net
www.rightathome.net/centralmd

CONTACT: Office
24 hours a day, 7 days a week

SERVICES: Right at Home has been

helping seniors and adults right in their homes in Frederick for over 7 years. Affordable in-home care from Certified Nurses Assistants (CNAs) who are bonded and insured. We provide trained assistance with bathing, hygiene, dressing, transferring, meal preparation, transportation, laundry, light housekeeping and more. Specializing in Alzheimer's and Hospice Care.

ELIGIBILITY: Adult community, long term care insurance, private pay.

COST: Call for free initial consultation; rates will vary according to services provided.

Rosebud Enterprises, Inc.

 7517 Picnic Woods Road
Middletown, MD 21769
301-473-4100
DRP21703@comcast.net


CONTACT: Office, Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: Custodial care, hygiene, meal preparation, errands, companions and aides.

ELIGIBILITY: General public

COST: Varies; call for rate information.

The Runner & Co.

 8837 Seekers Walk
Walkersville, MD 21793
301-845-8211
Fax: 301-845-4801

CONTACT: Owners
Monday-Friday, 8 a.m.-8 p.m.


SERVICES: "Personal Assistant" services provided by the job or by the hour. Grocery shopping, running errands, writing checks, picking-up prescriptions, restaurant delivery, scheduling appointments or going to the MVA are just a few examples. Call for a flyer. All inquiries welcome.

ELIGIBILITY: Services available to all residents in the Frederick City area. Special rates for seniors 60+ and disabled (temporarily or permanently).

COST: Quoted by service.

S

The Salvation Army

 223 West 5th Street
Frederick, MD 21701
301-662-2311
Fax: 301-662-4787

CONTACT: Social Services Director
Monday-Friday, 9 a.m.-3 p.m.

SERVICES: Assistance is available for rent, utilities and prescription drugs. Thrift store vouchers available. Assistance can only be received every 6 months.

ELIGIBILITY: Frederick County residents

COST: None



Senior Home Care of Frederick, (A Division of Medsource Community Services, Inc.)

6910 Bowers Road, Suite C
Frederick, MD 21702
301-473-8500
Fax: 301-473-8585
care@shcf.com
www.shcfmd.com

CONTACT: Program Manager
Monday-Friday, 10 a.m.- 5 p.m.

SERVICES: Qualified caregivers to provide care in your home, assisted living facility or private duty. Services include personal care, bathing, toileting, light housekeeping, meal preparation and companionship. Caregivers are available 1 hour to 24 hours per day, 7 days per week to assist with activities of daily living for post-op, geriatric, chronically or terminally ill patients.

ELIGIBILITY: General public

COST: Varies according to service requested and the number of hours needed.

Frederick County Parks and Recreation Senior Recreation Council

5611 Bobolink Trail
New Market, MD 21774
301-865-2997
www.seniorrecreationcouncil.hometown.com

SERVICES: Provides recreational and fitness activities for Frederick County senior adults. Programs include: basketball, biking, bowling, bridge, chorus, computer user group, exercise, hiking, historical trips, mystery trips, day trips, softball, and walking.

ELIGIBILITY: Any Frederick County senior citizen 50 years of age or older.

COST: Depends on program. Call for more information on program times and places.

Seniors and Law Enforcement Together, SALT Council

Frederick County Sheriff's Office
110 Airport Drive East
Frederick, MD 21701
301-600-2167
Fax: 301-600-6759
www.co.frederick.md.us/sheriff

CONTACT: Community Services

SERVICES: The SALT Council is comprised of a group of senior citizens who work with law enforcement officers to offer input on community programs and to provide information and workshops on safety and crime prevention issues throughout the community. The Council participates in inter-generational programs in the middle schools.

ELIGIBILITY: General public

COST: Free

Seton Center, Inc.

16840 South Seton Avenue
Emmitsburg, MD 21727
301-447-6102
Fax: 301-447-1748
setoncenterinc@doc.org

CONTACT: Director: Monday-Friday
9 a.m.-12 p.m. & 1 p.m.-4 p.m.
Thrift Shop: Tuesday-Saturday
10 a.m.-4 p.m.

SERVICES: Seton Center provides information, advice, encouragement and referral services as well as assistance with emergency situations such as utilities, rent, prescriptions and other needs. The outreach efforts also include home, hospital and nursing home visits in support of individual and family members. The thrift shop provides new and usable clothing and household items at low cost. Coordination of agencies services for clients. Opportunities are available for seniors to do volunteer work in the outreach office and thrift shop.

ELIGIBILITY: Based on income and legitimate need.

COST: No fee for services.

Social Security Administration Social Security (SSA)

5340 Spectrum Drive
Frederick, MD 21703
1-866-331-7089 or 1-800-SSA-1213

CONTACT: Office, Monday-Friday, 9 a.m.-4 p.m.

SERVICES: Social Security is the nation's basic method of supplementing income when family earnings are reduced or stop because of retirement, disability or death. Monthly benefit checks can start for the sixth full month of disability and continue for the duration of the disability. A severely disabled employee can qualify at any age. Survivor's checks can go to certain members of an employee's family. A lump sum payment can be made when an employee dies if there is a surviving spouse or a child who is eligible to receive benefits on the deceased employee's record.

ELIGIBILITY: Retired or partially retired employees and self-employed persons who have reached "full retirement age" (FRA) and have contributed enough to Social Security. The FRA is currently age 65 and will increase yearly until it reaches age 67. Retired employees at age 62 are eligible for Social Security at a lesser amount per month. Reductions for entitlement at an earlier age than the FRA are generally permanent reductions. Application for benefits should be filed one to three months before your 62nd birthday. Entitlement to retirement benefits can begin during the month of your 62nd birthday. Even if you do not plan to retire, you should inquire about Medicare three months before you reach age 65. Medicare charges an increased premium for delayed filing.



FINANCIAL ASSISTANCE: There are also special Medicare rules for those who work after age 65.

It is important to remember that some benefits may be payable even though a person is still working.

It is recommended that persons telephone the office to schedule an appointment to apply for benefits. Most applications can be handled promptly either by phone or in the office.

COST: The employee or self-employed person pays a Social Security tax (FICA) on earnings while working. This tax continues even after entitlement of monthly Social Security benefits begins if the beneficiary continues to work.

• **Medicare (SSA)**

1-866-331-7089 or 1-800-SSA-1213

CONTACT: Office
Monday-Friday, 9 a.m.-4 p.m.

SERVICES: Hospital Insurance (Part A) covers medically necessary inpatient hospital care and, after hospitalization, medically necessary inpatient care in a skilled nursing facility as well as medically necessary care in your home by a home health agency.

Medical Insurance (Part B) helps pay for medically necessary physician services, outpatient physical therapy, speech therapy, and a number of other medical services and supplies not covered by hospital insurance. Medical Insurance may also pay for medically necessary home health care when hos-

pital insurance cannot. Prescription drugs are not covered.

ELIGIBILITY: Hospital and Medical Insurance-Social Security (S.S.) and Railroad Retirement (R.R.) beneficiaries who are at least age 65 or disabled S.S. and R.R. beneficiaries at any age who have been receiving Social Security or Railroad disability checks for 24 months. It is not necessary that retired beneficiaries over 65 actually be receiving S.S. or R.R. benefits to be entitled to Medicare, but an application must be filed. Provisions are more liberal for those disabled because of chronic renal disease.

Premium for Hospital Insurance- Persons at least 65 who are not Social Security or Railroad Retirement beneficiaries may elect to pay a monthly premium for hospital insurance coverage, but must also elect to take medical insurance coverage as well. The enrollment period for both begins in the third month before the month one reaches age 65. Enrollment in any month after age 65 may delay Medicare coverage.

COST: Hospital Insurance: There is no premium cost to S.S. and R.R. beneficiaries. For others there is a certain monthly premium if enrolled at the first opportunity. If enrollment is delayed, that premium is increased by 10% for each twelve-month period. Medical Insurance: There is a certain monthly premium when enrollment takes place at the first opportunity. For each year enrollment is delayed

that premium is increased by 10% for each twelve month period.

• Supplemental Security Income (SSI)

1-866-331-7089 or 1-800-SSA-1213


CONTACT: Office, Monday-Friday, 9 a.m - 4 p.m.

SERVICES: Supplemental Security Income (SSI) is a federal program that sends monthly checks to many people 65 years or older who need financial help. SSI checks may also go to needy people, including children under 18, who are blind or disabled.

ELIGIBILITY: People who have little or no income and/or resources and are over age 65 or are blind or disabled at any age. The individual does not have to be completely destitute to be eligible for checks. A telephone call to the office will usually determine whether an individual is eligible. Advice can be given regarding the documents necessary for application.

COST: None

Solutions for Children and Caregivers of Maryland (Now GrandFamilies of America)

 6525 Fish Hatchery Road
Thurmont, MD 21788
301-898-8023
1-866-203-8926 ext. 8103
Fax: 301-898-4462
owenspat@aol.com

www.grandfamiliesofamerica.org


CONTACT: Director

SERVICES: Solutions for Children and Caregivers of Maryland is now GrandFamilies of America (see page 56), it is the only organization of its kind in the country, connects the dots for caregivers across the country.

ELIGIBILITY: General public

COST: None

Somerford Assisted Living and Alzheimer's Care

 2100 Whittier Drive
Frederick, MD 21702
301-668-3930
Fax: 301-668-3931
www.somerfordhousefrederick.com
www.somerfordplacefrederick.com

CONTACT: Marketing Director,
Monday – Friday, 9 a.m. – 5 p.m.;
weekends by appointment

SERVICES: Somerford House is our assisted living community. Somerford Place is our specialty care community for individuals with Alzheimer's, dementia, and related memory issues. Both offer medication management, personal care, physician visits, spacious accommodations, gourmet meals, housekeeping, laundry, social activities and beautiful courtyards. Support groups, and educational forums also available.



ELIGIBILITY: Call for details.

COST: Call for costs.

St. Catherine's Nursing Center

331 South Seton Avenue
Emmitsburg, MD 21727
301-447-7000
Fax: 301-447-7015
info@stcatherinesnursingcenter.org
www.stcatherinesnursingcenter.org

CONTACT: Admissions Coordinator
Hours: 8 a.m. – 4:30 p.m.

SERVICES: St. Catherine's Nursing Center, adjacent to the National Shrine of St. Elizabeth Ann Seton is a 76 bed skilled nursing care center providing rehabilitation and comprehensive nursing care services. Programming includes dementia care, hospice services, respite care, and a therapeutic aquatic program.

Our campus also provides a 16 bed assisted living unit offering a menu of supportive services inclusive of nursing care, activity programming, and a spirituality-centered holistic care environment.

ELIGIBILITY: Based on the level of care needed.

COST: Contact the Admissions Coordinator. Accepts Medicare, Medicaid, and private resources.

St. Paul's Lutheran Church

19 West Pennsylvania Avenue
Walkersville, MD 21793
301-845-4600
saintpaulslc@verizon.net
www.saintpaulsluthernchurch.org

CONTACT: Diaconal Minister
First Monday monthly September-May
7:30 p.m.-9 p.m.

SERVICES: St. Paul's Lutheran Church of Walkersville offers a monthly forum for seniors, providing a variety of timely and relevant presentations to facilitate informed decision-making. Open to the public, the gatherings feature local presenters who share their insight and expertise about options and opportunities available to the senior community.

ELIGIBILITY: General public

COST: None

Sunrise Assisted Living of Frederick

990 Waterford Drive
Frederick, MD 21702
301-663-9500
Fax: 301-696-5886
Frederick.dcr@sunriseseniorliving.com
www.sunriseseniorliving.com

CONTACT: Director of Community Relations, Monday-Friday, 9:30 a.m.-6 p.m., Evening and weekend hours by appointment.


SERVICES: Compassionate and first

class care and services are provided 24/7 in a home-like community. Therapists, physicians, nurses and care-managers take care of the health and personal needs of our residents. Home-style cooked meals, fun activities, health assessments, medication administration, support groups, laundry and housekeeping are some of the services offered. A variety of suites are available-furnished or unfurnished-on a monthly rental basis. Short stays available. Pets are welcome!

Eligibility: Older adults, senior citizens who are independent or with physical and/or memory impairment.

COST: Varies according to accommodations and level of care. Basic room and board is also available.

Sunset Ridge Assisted Living

 7021 Rock Creek Drive
Frederick, MD 21702
240-422-6252 or 301-473-5103
Fax: 301-473-5103
sunsetridge@adelphia.net

CONTACT: Owner, 8 a.m.–6:30 p.m.


SERVICES: Private or semi-private rooms fully furnished for convenience and comfort, located in the scenic foothills of Catoclin Mountains in a warm private home setting. Amenities include homemade meals and snacks, afternoon tea, personal care assistance, daily activities, gardening, daily housekeeping with linen and laundry services, medication supervision and spiritual programs.

ELIGIBILITY: Individuals age 55 or older.

COST: Varies, based on accommodation and care needs.

T

Taney Village Apartments

 1421 Taney Avenue
Frederick, MD 21702
301-663-0929
Fax: 301-696-8320
www.apartmentsmart.com


CONTACT: Office, Monday-Friday, 9 a.m.-5 p.m.

SERVICES: 130 one-bedroom units, 13 of these units are designed for handicapped. No assisted living or nursing services provided.

ELIGIBILITY: Individuals 55 years of age or older or handicapped or on permanent disability who are capable of living independently.

COST: Subsidized housing, Section 8, 30% of annual adjusted income.

Tranquillity at Fredericktowne

 A Locally Owned Assisted Living
6441 Jefferson Pike
Frederick, MD 21703
301-668-6030
Fax: 301-668-6034



info@tranquillity-frederick.com
www.tranquillity-frederick.com

CONTACT: Director of Community Relations, Monday-Friday, 9 a.m.-5 p.m., Evening appointments available.

SERVICES: Tranquillity works to customize lifestyle plans tailored to the individual needs of each resident. We provide medication management, housekeeping, laundry services, assistance with bathing and dressing, incontinence care, skin care, as well as dementia and Alzheimer's care.

ELIGIBILITY: General public

COST: Private pay

TransIT-Plus is a demand-response, shared transportation service for senior citizens (age 60+) and people with disabilities. Trips are scheduled on an individual basis to accommodate unique travel needs.

ELIGIBILITY: Public Transit service is available to the general public. TransIT Plus-60 years or older or disabled. Individuals must pre-register to qualify for TransIT-Plus service and schedule trip with at least 2 business days advance notice.

COST: Public Transit: One-way cash fare. General public~\$1.10; 10-trip tickets~\$10.00. Seniors & people w/disabilities w/reduced fare ID~\$0.55; 10-trip tickets ~\$5.00

TransIT Services of Frederick County

1040 Rocky Springs Road
Frederick, MD 21702
301-600-2065
Fax: 301-600-3471

transit@frederickcountymd.gov
www.co.frederickcountymd.gov/transit

CONTACT: Receptionist
Monday-Friday, 8 a.m.-4 p.m.

SERVICES: Public Transit Nine (9) connector routes operate in Frederick City and County serving medical facilities, shopping centers, the Department of Aging/Senior Center, Frederick Community College and other locations. Buses are lift equipped.

TRANSIT PLUS

Medical trips~\$1.50 cash fare each way; \$1.00 each way with ticket
Other trips~\$2.50 cash fare each way; \$2.00 each way with ticket

TICKETS

Tickets are available for purchase at the following locations: TransIT office, Frederick County Department of Aging and Frederick Community College bookstore (student tickets only), and Treasurer's Office at 30 North Market Street.

UCP, Medical Adult Day Program

Frederick Center
5736 Industry Lane
Frederick, MD 21704
301-663-8700 or 1-800-826-6501

CONTACT: Social Worker, Monday-Friday, 8:30 a.m.-4 p.m.

SERVICES: UCP of Central Maryland, Inc. is a non-profit organization that provides a variety of services at the Frederick Center. These services include nursing supervision and monitoring, personal care assistance, and individualized recreational, social, and educational experiences and opportunities. Consultative physical, occupational, speech and language therapies and activities are provided. The program is designed for adults who would benefit from a supervised, planned program of activities and services. Transportation and a nutritious hot lunch are provided. Counseling and referral services are also available.

ELIGIBILITY: Adults who would benefit from the offered services and meet eligibility requirements. Contact the social worker for details.

COST: Medical Assistance, DDA funds and private pay accepted.

United Way of Frederick County

P.O. Box 307
Frederick, MD 21705

301-663-4231
Fax: 301-663-1855
info@unitedwayfrederick.org
www.unitedwayfrederick.org

CONTACT: Office, Monday-Friday, 8:30 a.m.-4:30 p.m.

SERVICES: United Way of Frederick County establishes and prioritizes community human service needs, conducts an annual fundraising campaign and develops strategic partnerships to invest resources in the areas of education, income and health.

ELIGIBILITY: None

COST: None

University of Maryland Extension, Frederick County

330 Montevue Lane
Frederick, MD 21702
301-600-1594
Fax: 301-600-1588
drhoades@umd.edu
www.frederick.umd.edu

CONTACT: Extension Educator
Monday-Friday, 8 a.m.-4:30 p.m.

SERVICES: The University of Maryland Extension is a statewide, informal education system off-campus, out of classroom component of the University of Maryland. UME's mission is to educate citizens to apply practical, research-



based knowledge to critical issues facing individuals, families, communities, the State and our global partners.


Through publications, seminars, workshops, learning-at-home programs, the media and other activities, current information is delivered to people where they live and work. In addition to the local faculty and staff, we have access to regional and university specialists and the Home and Garden Information Center which also provides valuable services both directly and indirectly to our citizens. We provide programs in areas vital to the quality of life in Frederick County.

ELIGIBILITY: Frederick County residents

COST: Nominal fee/free

V

Maryland Department of Veterans Affairs, Frederick County Courthouse/Multi-Service Center

 100 West Patrick Street, Room 2120
Frederick, MD 21701
301-600-2155 or 1-800-446-4926
Fax: 301-600-8138
vsogkauff@verizon.net
www.vba.va.gov

CONTACT: Veterans Service Officer
Monday, Thursday and Friday

8 a.m.-4 p.m.

SERVICES: The Maryland Department of Veterans Affairs assists in filing all claims for VA benefits including disability, death, hospitalization, education and on-the-job training.

ELIGIBILITY: The Maryland Department of Veterans Affairs provides services to veterans and their survivors residing in Maryland.

COST: None

Frederick County Sheriff's Office, Victim Services Unit

 110 Airport Drive East
Frederick, MD 21701
Fax: 301-600-3699


CONTACT: 301-600-1290, Hours:
Monday-Friday 8:00 a.m. to 4 p.m.
For emergencies please dial 911
**For non-emergency immediate assistance please dial 301-600-1046

SERVICES: Provides direct crisis services, information, and referrals for senior crime victims and their families in Frederick County, MD. The Victim Services Unit coordinates efforts with partnering agencies in the area of physical abuse, sexual abuse, financial abuse, domestic violence, and neglect.

ELIGIBILITY: All crime victims in Frederick County, MD.

COST: None

Frederick Police Department / Victim Services Unit

 100 West Patrick Street
Frederick, MD 21701
301-600-2104 or 301-600-1356
Fax: 301-600-2148
www.cityoffrederick.com


CONTACT: Victim Services Coordinator,
8 a.m.-4 p.m.

SERVICES: The Frederick Police Department Victim Services Unit assists senior crime victims in the City of Frederick. The Victim Services Unit coordinates efforts with Adult Protective Services and the Department of Aging in prevention of victimization, safety needs and quality of life issues.

ELIGIBILITY: All crime victims in Frederick City.

COST: None

Victory Home Health Care

 20036 Cinnabar Drive
Gaithersburg, MD 20879
301 740 7667, 301 793 5281
Fax: 301 740 7668
info@victoryhomehealthcare.org
www.victoryhomehealthcare.org


CONTACT: The Administrator, Monday – Friday, 9 a.m. – 5 p.m., 24 hours/day, 7 days/week

SERVICES: Our experienced and compassionate Caregivers provide quality and dependable in-home care services. Our services include personal hygiene, bathing, dressing, transfers, Meal Preparation, Light Housekeeping, Laundry, Errands/shopping, medication administration, companions, respite care and skilled nursing. Our Caregivers are experienced, screened and fully trained. Licensed, Insured and Bonded.

ELIGIBILITY: General public

COST: Varies depending on the type of services requested. We accept Private Pay, Private Insurances, Medicaid and Waiver Programs.

Vindobona

 6012 Jefferson Boulevard
P.O. Box 318
Braddock Heights, MD 21714
301-371-7160
Fax: 301-371-5921

CONTACT: Social Services or Administrator, Monday-Friday, 9 a.m.-5 p.m.

SERVICES: 65 comprehensive and skilled care beds, visiting hours are from 11 a.m.-8 p.m. daily. Long-term and respite care (7-31 days) available.

ELIGIBILITY: Must be at least 18 years of age.

COST: Residents are billed monthly at the daily rate, which includes room,



board, nursing care, social services and daily activities. Accepts private pay, Medicaid, Medicare and VA patients.

Volunteer Frederick! Retired and Senior Volunteer Program (RSVP)

31 West Patrick Street, Suite L-2
Frederick, MD 21701
301-663-5214
Fax: 301-663-0355
info@volunteerfrederick.org
www.volunteerfrederick.org

CONTACT: RSVP Director, Monday-Friday, 8 a.m.-4 p.m.

SERVICES: RSVP provides a variety of opportunities for persons 55 and older to participate in the life of their communities through significant and rewarding volunteer service. RSVP's pro bono consulting program helps skilled professionals use their expertise to help local nonprofits on short-term projects.

ELIGIBILITY: Anyone age 55 or older is eligible to be an RSVP volunteer. There are no restrictions based on education, income, experience, ethnic background or creed.

COST: None

Frederick County Board of Elections, Voter Registration

Winchester Hall
12 East Church Street

Frederick, MD 21701
301-600-8683 (VOTE)
Fax: 301-600-2344
electionboard@frederickcountymd.gov
www.frederickcountymd.gov/elections

CONTACT: Board of Elections,
Monday-Friday, 7:30 a.m.-4:00 p.m.

SERVICES: Individuals may register to vote by visiting the office or calling to have a voter registration application mailed or visiting the office's website. Forms are also available through public assistance agencies, the Motor Vehicle Administration, County libraries, Frederick Community College, the County Courthouse and all U.S. Post Offices. The elections office should be notified in writing when a registered voter changes their name or party affiliation, moves to a new address in the County or has an address changed by the post office. New registrations or changes may NOT be made in a 21-day period before each election. Registration will permit you to vote in all national, state, county and local elections. Please contact the office or visit the website for information on absentee ballots.

ELIGIBILITY: Citizen of the United States; will be at least 18 years old by the next general election; legal resident of Maryland; not be under guardianship for mental disability, not have been convicted of buying or selling votes; not have been convicted of a felony and actually serving a court-ordered sentence of imprisonment, including any term of parole or proba-

tion, for the conviction.
Voting Registration is permanent as long as individual remains a resident of Maryland; keeps address current with the elections office.

COST: None

Walkersville Senior Citizens

21 West Frederick Street, P.O. Box 249
Walkersville, MD 21793
301-845-4500 or 301-662-3449

CONTACT: President, Center open: Tuesday and Thursday
10 a.m.-2 p.m.

SERVICES: Meals: Tuesday and Thursday at 10:45 a.m. except monthly meeting 3rd Thursday of each month at various announced locations. During months of June, July and August, participants meet only on Tuesdays and have lunch on Thursdays at different restaurants around Walkersville.

- Bingo: each Tuesday and Thursday after lunch.
- Chair-side Aerobics: Tuesday at 10:00 a.m.
- Music Appreciation: Tuesday at 11:00 a.m.
- Activities also include games, trips, programs, birthday parties and discussions.

ELIGIBILITY: 55 years of age and older

COST: \$3.00 per meal

Warm Heart Family Assisted Living, Inc.

752 Dogwood Court
Frederick, MD 21701
240-398-1433

Fax: 301-515-0000

warm_heart_asst@verizon.net
www.warmheartassistedliving.com

CONTACT: Director, 24 hours a day

SERVICES: Warm Heart's multigenerational quality alternate life care services is unique and effective. Our warm program provides a solution for both the resident and their family. Residents are encouraged to make as many decisions for themselves as possible. We provide dignity, love and respect in a safe environment. Residents enjoy a residential setting that provides 24 hour supervision, assistance with activities of daily life, and health related services that are designed to accommodate changing needs and preferences. We maximize the resident's dignity, autonomy, privacy, independence and safety. The fully trained staff at Warm Heart provides a stable and caring environment that builds our residents' trust. We know each of them and their individual needs.

ELIGIBILITY: General public

COST: \$3,000-\$4,000 per month. Accepts Medicaid Waiver and private pay.



Way Station, Inc.

P.O. Box 3826
Frederick, MD 21705
301-662-0099
Fax: 301-694-9932
www.waystationinc.org

CONTACT: Enrollment Office
Monday-Friday, 8:30 a.m.-5 p.m.

SERVICES: Community mental health organization providing rehabilitation and treatment services for children, adolescents and adults. WSI serves adults with mental illness including persons with co-occurring disorders (substance abuse, developmental disabilities.) Adult programs include: day programming (life skills groups and employment preparation); residential rehabilitation and supported housing; vocational support and placement; mobile treatment; mobile crisis and residential crisis services. WSI offers specialized programming for different populations: seniors, transition age youth, developmental disabilities and substance abuse.

ELIGIBILITY: Adults with serious mental illness and youth with behavioral and emotional disabilities.

COST: Cost varies; contact enrollment office for more details.

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YMCA of Frederick County

Central Branch
1000 North Market Street
Frederick, MD 21701
301-663-5131
Fax: 301-663-5363
www.frederickymca.org

Southeast Branch
11791 Fingerboard Road
Monrovia, MD 21770
301-607-6900

CONTACT: Executive Director of Programs, Monday-Friday, 5:30 a.m.-10 p.m., Saturday, 7:30 a.m.-8:30 p.m. Sunday, 12 Noon-5 p.m.

SERVICES: Programs offered to active older adults swimming, health and fitness, dances, computer training and more.

ELIGIBILITY: Any interested senior citizen may participate in YMCA-sponsored activities. Classes open to non-members on a space available basis.

COST: Membership and class fees. See program booklet.

AREA AGENCIES ON AGING IN MARYLAND

ALLEGANY COUNTY

Human Resources Development Commission, Inc.
Allegheny County Senior Center
19 Frederick Street
Cumberland, MD 21502
301-777-5970 ext. 107

ANNE ARUNDEL COUNTY

County AAA
Heritage Complex
2666 Riva Road, Suite 400
Annapolis, MD 21401
410-222-4464
1-800-492-2499

BALTIMORE CITY

Baltimore Department of Care Services
General Services: 410-396-2273
201 E. Baltimore Street
Community Services: 410-396-4490
1001 E. Fayette Street
Baltimore, MD 21202

BALTIMORE COUNTY

Department of Aging
611 Central Avenue
Towson, MD 21204
410-887-2108

CALVERT COUNTY

Office on Aging
Calvert Pines Senior Center
450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606; 301-855-1170 (D.C. area)

CAROLINE COUNTY

Upper Shore Aging, Inc.
Caroline County Senior Center
403 South Seventh Street, Suite 127
Denton, MD 21629
410-479-2093; 410-479-2535

CARROLL COUNTY

Bureau of Aging
125 Stoner Avenue
Westminster, MD 21157
410-386-3800

CECIL COUNTY

Department of Aging
Buckworth Senior Center
214 North Street
Elkton, MD 21921
410-996-5295

CHARLES COUNTY

Department of Community Services
Charles County Area Agency on Aging
8190 Port Tobacco Road
Port Tobacco, MD 20677
301-934-0109

DORCHESTER COUNTY

Delmarva Community Services, Inc.
2450 Cambridge Beltway/P.O. Box 637
Cambridge, MD 21613
410-221-1930

FREDERICK COUNTY

Department of Aging
1440 Taney Avenue
Frederick, MD 21702
301-600-1605

GARRETT COUNTY

Area Agency on Aging
Mary Browning Senior Center
104 East Center Street
Oakland, MD 21550-1328
301-334-9431 ext. 138

HARFORD COUNTY

Harford County Area Agency on Aging
Bel Air Senior Center
145 North Hickory Avenue
Bel Air, MD 21014
410-638-3025

HOWARD COUNTY

Area Agency on Aging
6751 Columbia Gateway Drive, 2nd Floor
Columbia, MD 21046
410-313-6410

KENT COUNTY

Upper Shore Aging, Inc.
200 Schaubert Road
Chestertown, MD 21620
410-778-2564

MONTGOMERY COUNTY

Division of Aging and
Disability Services
401 Hungerford Drive, 4th Floor
Rockville, MD 20850
240-777-1131

PRINCE GEORGE'S COUNTY

Department of Family Services-Aging
Division
6420 Allentown Road
Camp Springs, MD 20748
301-265-8450

QUEEN ANNE'S COUNTY

Department of Aging
104 Powell Street
Centreville, MD 21617
410-758-0848

ST. MARY'S COUNTY

Area Agency on Aging
41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650
301-475-4200

SOMERSET COUNTY

Commission on Aging-MAC, Inc.
11916 Somerset Avenue
Princess Anne, MD 21853
410-651-0020

TALBOT COUNTY

Senior Center
400 Brookletts Avenue
Easton, MD 21601
410-822-2869

WASHINGTON COUNTY

Commission on Aging, Inc.
"Aspiring to Serve" Building
140 West Franklin Street, 4th floor
Hagerstown, MD 21740
301-790-0275

WICOMICO COUNTY

Pine Bluff-MAC, Inc.
1504 Riverside Drive
Salisbury, MD 21801
410-543-0388

WORCESTER COUNTY

Commission on Aging
MAC, Inc.-Charles & Martha Fulton
Senior Center
4767 Snow Hill Road
Snow Hill, MD 21863
410-632-1289



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www.frederickcountymd.gov/citizenscenter

1900 Rosemont Avenue * Frederick, MD 21702

(301) 600-1550

